

PUMPKIN RECIPES

PUMPKIN MOUSSE

1 cup canned pumpkin –not pie filling
1/3 cup firmly packed light brown sugar
½ teaspoon ground cinnamon
½ teaspoon ground ginger
¾ cup heavy cream
2 tablespoons chopped crystallized ginger, divided

In a medium-sized bowl, combine pumpkin, brown sugar, cinnamon, and ginger.
In a small bowl, using an electric mixer beat heavy cream until stiff peaks form.

Using a wire whisk or rubber spatula, fold the whipped cream into the pumpkin mixture until well mixed. Fold in 1 tablespoon chopped crystallized ginger.

Spoon the pumpkin mousse into four wine glasses or dessert bowls. Sprinkle the top of each serving with the remaining tablespoon of chopped ginger and serve.
Serves 4

TURTLE PUMPKIN PIE

¼ cup plus 2 tbsp. caramel ice cream topping divided
1 ready-to-use graham cracker crust (6 oz.)
½ cup plus 2 tbsp. chopped pecans, divided
2 pkgs. (3.4oz. each) Jell-O vanilla flavored instant pudding
1 cup cold milk
1 cup canned pumpkin
1 tsp. ground cinnamon
1½ tsp. ground nutmeg
1 tub (8 oz.) Cool “Whip Whipped Topping, thawed

Pour ¼ cup caramel topping onto bottom of pie crust; sprinkle with ½ cup nuts.

Beat next 5 ingredients in large bowl with whisk until blended. Stir in 1½ cups Cool Whip, spoon into crust. Refrigerate 1 hour. Top with remaining Cool Whip-caramel topping and nuts just before serving. Serves 10

PUMPKIN ROLL CAKE

3 eggs
1 cup white sugar
2/3 cup canned pumpkin
1 tsp. lemon juice]
¾ cup all-purpose flour
2 tsp. ground cinnamon
1 tsp. baking powder
½ tsp. salt
¼ tsp. ground nutmeg
1 cup chopped walnuts
6 ounces cream cheese, softened
1 cup confectioners' sugar
¼ cup butter, softened
½ tsp. vanilla extract

Preheat oven to 375-degrees

In a mixing bowl, beat eggs on high for 5 minutes. Gradually beat in white sugar until thick and lemon-colored. Add pumpkin and lemon juice.

In another bowl combine flour, cinnamon, baking powder, salt, and nutmeg; fold into the pumpkin mixture.

Grease a 15x10x1-inch baking pan, line with wax paper or parchment paper. Grease and flour the paper. Spread batter into pan; sprinkle with walnuts. Bake at 375-degrees for 15 minutes or until cake springs back when lightly touched. Immediately turn out onto a linen towel dusted with confectioners' sugar. Peel of paper and roll cake up in the towel, starting with the short end. Cool

Meanwhile, in a mixing bowl, beat cream cheese, 1 cup confectioners' sugar, butter and vanilla until fluffy. Carefully unroll the cake, spread filling over cake to within 2 inches of edges. Rollup again; cover and chill until serving. Dust with additional confectioners' sugar, if desired. Serves approx. 16

PUMPKIN MACARONI AND CHEESE

2 cups elbow macaroni
3 tbsp. butter
2 tbsp. all-purpose flour
2 cups milk
1 tsp. ground mustard
½ tsp ground black pepper
1 pinch ground nutmeg
2 ¼ cups shredded Cheddar cheese
2 cups finely chopped broccoli
1 cup pumpkin puree
¼ cup dry bread crumbs

Preheat the oven to 350-degrees. Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally until tender yet firm to the bite, about 8 minutes.

Meanwhile, melt butter in a medium saucepan over medium-low heat. Stir in flour until smooth. Stir in milk and bring to a simmer. Continue to cook and stir until thickened, about 1 minute more. Remove from heat. Stir in mustard, pepper and nutmeg.

Add 2 cups Cheddar cheese, broccoli, and pumpkin puree, stirring until cheese is completely melted. Drain macaroni and stir in until well coated. Pour macaroni and cheese into a baking dish. Top with remaining ¼ cup cheese and bread crumbs. Bake in the preheated oven until lightly browned, 25 to 30 minutes. Serves 6

PUMPKIN CHIFFON PIE

1 Envelope un-flavored gelatin
¾ cup packed dark brown sugar
½ tsp. salt
½ tsp. nutmeg
2 tsp. cinnamon
1 cup milk
¼ cup water
3 eggs, separated
1½ cups canned pumpkin
¼ cup sugar
1 (9 inch) baked pie shell
Whipped cream

Mix gelatin, dark brown sugar, salt, nutmeg, and cinnamon thoroughly in a saucepan. Stir in milk, water, egg yolks, and pumpkin and mix well. Cook over medium heat, stirring constantly, until gelatin is dissolved and mixture heated thoroughly, about 10 minutes. Remove from heat and chill, stirring occasionally, until mixture mounds lightly when dropped from spoon.

Beat egg whites until stiff and beat in sugar. Fold gelatin mixture into stiffly beaten egg whites. Turn into baked pie shell and chill until firm. Serve topped with whipped cream. Serves 8

PUMPKIN STEW

1½ lbs. stew meat, cut in ½ inch cubes
3 tbsp. flour
4 tbsp. butter or margarine
6 cups water
1 (16 oz.) can stewed tomatoes
1 (16 oz.) can pumpkin
½ cup chopped celery
4 tsp. salt
6 whole pieces allspice

1 bay leaf
4 potatoes, pared and quartered
4 carrots, scraped and halved
1 large onion, peeled and chopped
1 small pkg. frozen cut green beans
1 can corn

Coat beef with flour; brown in butter in large kettle. Stir in water, tomatoes, pumpkin, celery, and seasonings. Cover and simmer, stirring occasionally, about 1 hour or just until meat is tender.

Add all vegetables except green beans and corn; simmer an additional 1 hour. Add green beans and corn and simmer, uncovered, for 20 minutes. Serves 10

PUMPKIN SOUP

1 onion, chopped or 1 cup spring onions, chopped
3 stalks celery, chopped
2 tbsp. butter
2 tbsp. flour
2 lbs. canned pumpkin
5 cups chicken broth
¼ cup white vermouth or dry sherry
1 tsp. salt
½ tsp. ginger
¼ tsp. nutmeg
2 egg yolks, (optional)
1 cup half and half whipping cream

Sauté onion and celery in butter until onions are clear. Now stir in flour. Add pumpkin chicken broth, vermouth/sherry, and salt. Cover and simmer 15 minutes. Add ginger and nutmeg. Combine egg yolks and cream. Stir into soup. Heat until hot – DO NOT BOIL. Serves 10

PUMPKIN AND CHICKEN SAUSAGE HASH

2 tbs. olive oil
2 cups cubed fresh pumpkin or butternut squash
¼ tsp. salt
¼ tsp. pepper
½ cup chopped onion
1 package (12 ounces) fully cooked apple chicken sausage links – cut into ½ inch slices
1 cup sliced fresh mushrooms
½ cup chopped sweet red pepper
½ cup chopped green pepper
1 tsp. garlic powder
¼ cup minced fresh parsley

In a large skillet, heat oil over medium heat; add pumpkin, sprinkle with salt and pepper. Cook and stir until crisp-tender, 8 – 10 minutes. Add onion, cook 3 minutes longer. Add sausage, mushrooms, red and green peppers and garlic powder. Cook and stir until pumpkin is tender, 10-12 minutes. Top with parsley before serving. Serves 4

SLOW COOKER PUMPKIN APPLE CRISP

For the pumpkin apple filling:

15 ounce pumpkin puree (not pumpkin pie filling) 1¾ cups
½ cup pure maple syrup
2 tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves
¼ tsp. allspice
¼ tsp. ground nutmeg
¼ tsp. salt
6 Granny Smith apples, peeled, cored and cut into ¼ - thick slices

For the crisp topping:

1 cup old-fashioned oats
¾ cup white whole wheat flour or AP flour

½ tsp. ground cinnamon
½ cup cold unsalted butter cut into small cubes
¼ cup pure maple syrup
Freshly whipped cream or ice cream – for service

In a large bowl, whisk together pumpkin puree, ½ cup pure maple syrup, spices, and salt until well combined. Stir in apple slices. Transfer the mixture to your slow cooker insert.

In a medium bowl, stir together oats, flour, and cinnamon. Use your fingertips to work the butter into the oat mixture until the mixture clumps together and the butter pieces are small. Stir in the ¼ cup maple syrup. Crumble the topping evenly over the filling in the slow cooker

Cook on high for 2 to 2½ hours or on low for 3 to 3½ hours, until the apples are soft. Turn off the heat and let stand for at least 30 minutes, and up to an hour before serving (keeping the lid on). Serve with freshly whipped cream or ice cream, if desired. Serves 8

PUMPKIN-RAISIN-WALNUT BISCOTTI

Non-stick cooking spray
1 box Pillsbury Pumpkin Flavored Quick Bread & muffin mix
½ cup unsalted butter, melted
2 eggs, beaten room temperature
1 cup golden raisins,
½ cup chopped and toasted walnuts

Heat oven to 350-degrees; coat a baking sheet with non-stick cooking spray or cover with parchment paper.

In a large bowl, combine the quick bread mix, the raisins and walnuts, mix well. Pour in the melted butter and the two eggs. Stir to incorporate, about 25 – 40 strokes with a spoon until mix is moistened and incorporated.

Divide dough in half, equal parts. Shape each half into an 8 by 2 inch loaf on prepared baking sheet. Note: I spray my hands with the non-stick cooking spray which makes it easier to shape the dough. Chill in refrigerator 30 minutes.

Bake the 2 loaves 25 to 30 minutes (I usually bake for 27 minutes) or until light golden brown. Remove from oven and cool on pan for 15 minutes. Now, remove each loaf, one at a time, to a cutting board and cut each into $\frac{3}{4}$ inch slices. Note: I use an electric knife to do this. You can use a bread knife which cuts cleaner than a regular blade knife. Place the slices cut-side down and 1-inch apart on same baking sheet. Bake an additional 6 – 7 minutes, **per side**, until golden brown.

Cool on a wire rack and then store in an air- tight plastic container. They will keep for two weeks. Enjoy! Serves 6 – 8

PUMPKIN POUND CAKE WITH WALNUT SAUCE

1½ cups butter, softened
2¾ cups sugar
6 eggs
1 tsp. vanilla extract
3 cups all-purpose flour
¾ tsp. ground cinnamon
½ tsp. baking powder
½ tsp. salt
½ tsp. ground ginger
¼ tsp. ground cloves
1 cup canned pumpkin

For the Walnut Sauce:

1 cup packed brown sugar
½ cup heavy whipping cream
¼ cup corn syrup
2 tbsp. butter
½ cup chopped walnuts
½ tsp. vanilla extract

In a mixing bowl cream the butter and sugar. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the dry ingredients; add to creamed mixture alternately with pumpkin, beating just until combined. Pour into two greased and floured 9x5x3-inch loaf pans. Bake at 350-degrees for 65-70 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire rack to cool completely.

For sauce – combine brown sugar, cream, corn syrup and butter in a saucepan. Bring to a boil over medium heat, stirring constantly. Reduce heat and cook and stir 5 minutes longer. Remove from the heat; stir in walnuts and vanilla. Serve warm over the cake. Recipe serves 16

CREAMY PUMPKIN RICE PUDDING

2/3 cup water
1/3 cup uncooked long grain rice
3 eggs, lightly beaten
1 cup milk
2/3 cup canned pumpkin
1/3 cup packed brown sugar
1 tsp. pumpkin pie spice
1 tsp. vanilla
¼ tsp. salt
¾ cup dried cranberries or raisins
1 medium red apple or green pear, cored and sliced thin (1 cup)
½ cup coarsely chopped walnuts, toasted
2 tbsp. honey

Preheat oven to 325-degrees. In a small saucepan combine water and rice. Bring to boiling, reduce heat. Simmer, covered, 15 minutes or until liquid is absorbed, stirring once.

In a medium bowl, combine eggs, milk, pumpkin, brown sugar, pumpkin pie spice, vanilla and salt. Stir in rice and ½ cup of the cranberries. Pour mixture into 1½ quart straight-sided deep baking dish. Place dish in baking pan on oven rack. Pour boiling water into baking pan until water comes halfway up sides of baking

dish. Bake 30 minutes; stir. Bake 35 minute more or until outside edge appears set. Remove dish from oven. Cool slightly on wire rack.

Meanwhile, in bowl combine remaining ¼ cup cranberries and boiling water to cover. Let stand 15 minutes, drain. Just before serving, toss together apple, walnuts, honey and cranberries; mix well and then spoon over pudding prior to service. Serve warm. Serves 6

PORK AND PUMPKIN NOODLE BOWL

8 oz. dried linguine
1 small red onion, thinly sliced
1 lb. pork loin, cut into ½ inch thick slices
3 tbsp. reduced-sodium soy sauce
12 fresh sage leaves
1 tsp. minced garlic (2 cloves)
1 cup canned pumpkin
Olive oil
¼ cup blue-cheese crumbles (optional)

Cook pasta according to package directions, adding onion during last 5 minutes of cooking time. Drain and keep warm.

Meanwhile in 12-inch skillet heat 1 tbsp. olive oi. Brush pork with some soy sauce and generously sprinkle with freshly ground black pepper; set aside. Cook sage leaves in hot oil until crisp. Drain on paper towels. Add pork to skillet and cook for 2 minute on each sine or until golden outside and slightly pink inside. Remove pork from skillet; cover to keep warm.

In the same skillet combine remaining soy sauce, garlic, ¼ cup pumpkin and 1 cup water. Bring to boiling and reduce sauce slightly. Add pasta and onions to skillet; heat through.

Divide pasta among four bowls. In the same skillet, heat remaining pumpkin. Serve pork with pasta, pumpkin, sage leaves and blue cheese. Serves 4

PUMPKIN QUICK BREAD

1 cup canned pumpkin
2 eggs
1 stick melted butter
½ cup sour cream
1 tsp. vanilla
1½ cups flour
¾ cups sugar
2 tsp. pumpkin pie spice
1 tsp. baking powder
½ tsp. each baking soda and salt

Whisk together pumpkin, eggs, butter, sour cream and vanilla. In a separate bowl, mix together flour, sugar, pumpkin pie spice, baking powder, baking soda and salt. Mix to incorporate and then stir into pumpkin mixture. Stir just enough to get everything wet and combined. Spoon this into a greased 9x5 inch loaf pan and bake at 350 for 1 hour. After the hour, test for doneness with a toothpick inserted in middle. Cool on wire rack for 15 to 20 minutes and then remove from pan and cool completely on wire rack. Serves 8

ROASTED PUMPKINS WITH BACON AND BROWN SUGAR

Pie pumpkins are small sweet pumpkins grown for eating. Look for even coloring and no soft spots.

2 2-4 pound pie pumpkins
6 – 8 slices bacon, crisp-cooked and drained, drippings reserved
1 tsp. salt
¼ tsp. coarsely ground black pepper
¼ cup packed brown sugar
2 tsp. fennel seeds, crushed
2 -3 green onions, diagonally sliced

Preheat oven to 400-degrees. Cut off top one-fourth of pumpkins. Remove seeds and strings, reserve 2/3 cup pumpkin seeds.

Place pumpkins, cut sides up, in foil-lined baking pan. Brush insides with some of the bacon drippings and sprinkle with salt, pepper and brown sugar. Replace lids, roast in oven for 20 minutes.

Meanwhile, in ovenproof skillet stir together pumpkin seeds, fennel seeds, green onions, and remaining bacon drippings. Add skillet to oven during last 10 minutes of roasting.

Remove pumpkins and seed mixture from oven. Sprinkle insides of pumpkins with seed mixture and crumbled bacon. To serve, use a large spoon to scoop out insides or use a knife to cut the pumpkins into wedges. Makes 8 to 10 servings, depending on the size of the pumpkins

ROASTED PUMPKIN SALAD

For the Salad:

4 cups pumpkin cut into cubes

1tbsp. olive oil

½ tsp. salt

½ tsp. pepper

4 cups chopped kale

¼ cup crumbled feta cheese

¼ cup pomegranate seeds

2 tbsp. walnuts, chopped

2 tbsp. mint, chopped

Dressing:

3 tbsp. olive oil

1 tbsp. balsamic vinegar

1 tbsp. honey

Salt and pepper to taste

Preheat oven to 400-degrees and line baking sheet with parchment paper. Toss the cubed pumpkin in a bowl with olive oil, salt and pepper. Spread the pumpkin onto the baking sheet and roast in the oven for 25 to 30 minutes. Remove and let cool.

In a large mixing bowl, toss together the pumpkin, kale, feta, pomegranate, walnuts and mint. Make the dressing by mixing the olive oil, balsamic vinegar, honey, salt and pepper together in a jar. Shake to incorporate, then pour dressing onto the salad and toss it together; season with additional salt and pepper, if desired. Serves 6

EASY ROASTED PUMPKIN SEEDS

1½ cups pumpkin seeds

2 tsp. fine sea salt, plus more for serving

2 tsp. olive oil, melted coconut oil, or nu oil like walnut

2 tsp. favorite spice blend such as pumpkin pie spice, curry powder, harissa or chili powder

Preheat the oven to 350-degrees. Line a baking sheet with parchment paper and set aside. Fill a medium saucepan with 2 cups of water and season with 2 tsp. of salt. Bring to a boil.

Meanwhile, scoop the seeds from your pumpkin. Add the pumpkin seeds to a bowl filled with cold water and swish them until they float and are mostly clean. Add the cleaned seeds to the boiling, salted water. Simmer for 5 minutes.

Drain and pull away any remaining pumpkin attached to the seeds. Scatter the seeds onto a clean dishcloth and pat them very dry. Mound the dried seeds onto the prepared baking sheet. Add the oil and spices and then toss until well coated. Spread the seeds into one layer. Bake, stirring the seeds at least once, until fragrant and golden around the edges, 10 to 15 minutes, depending on the size of the seeds. Allow the seeds to cool and store in an air-tight container. They will last this way at room temperature for a couple of weeks and in the freezer for a few months. Makes 1½ cups