

The Great Pumpkin Recipe Collection



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Preparing Pumpkin for Recipes

Thoroughly clean exterior of pumpkin, then clean out seeds and pulp (or take your family Jack-O-Lantern, making sure no melted wax got left inside). Chop the pumpkin into 2-3" pieces. (Peeling is not necessary, but will eliminate flecks of brighter color, as well as some of those vitamins and minerals! If you wish to peel it, this can be done either before or after cooking.) Place pumpkin in a large pan with 1-3 cups of water, depending on the amount of pumpkin to be cooked. Cover, bring to a boil, and let simmer until tender (20+ minutes, depending on the size of pieces). Add water as needed to keep from boiling dry. When done, fill blender 1/2- 3/4 full. Add enough water to make a puree, about 1/4 c. per 3-4 cups pumpkin pieces. If refrigerating the puree, use within a few days, or freeze and label. (Frozen pumpkin will stay good for as long as you can keep it from getting freezer-burned. Use heavy ziplock bags or plastic storage containers.) Yields about 2 cups puree per pound of raw pumpkin.

Helpful hint: small- and medium-sized pumpkins are the best for cooking. Very large pumpkins tend to be less sweet and more watery.

Also know- almost any winter squash can be used in place of pumpkin in recipes- for instance, spaghetti squash (pureed) baked into a pie tastes like pumpkin pie! Others to try: acorn squash, banana squash, Hubbard, etc.

Main Dishes and Soups

Dinner in a Pumpkin

1 small to medium pumpkin	1 ½- 2 lbs. hamburger
1 onion, chopped	1 (4 oz.) can mushrooms, drained
2 Tbsp. vegetable oil	1 can cream of mushroom soup
2 Tbsp. soy sauce	1 ½ c. cooked rice
2 Tbsp. brown sugar	1 (8 oz.) can water chestnuts, drained

Cut off lid of pumpkin; clean out seeds and pulp. Preheat oven to 350. In skillet saute onions in oil until tender; add meat, then brown and drain. Add soy sauce, brown sugar, mushrooms, and soup. Simmer 10 minutes, stirring occasionally. Add cooked rice and water chestnuts; spoon into pumpkin. Replace lid, put on baking sheet, and bake 1 hour, or until pumpkin meat is tender. Put pumpkin on a plate. Remove lid and serve pumpkin as a vegetable with the dinner.

Pumpkin Casserole

1 medium-sized pumpkin	2 ½ tsp. salt
2 lbs. hamburger	1 tsp. oregano
2 ½ Tbsp. onion, chopped	1 tsp. vinegar
1 medium green pepper, chopped	1 can tomato soup
2-3 carrots, grated	3 eggs, beaten
4-5 potatoes, shredded or sliced	1 tsp pepper
1/4 tsp. garlic powder	

Cut a lid out of the pumpkin, clean it out, and bake the pumpkin on a cookie sheet for 45 minutes at 350. While it bakes, brown the burger. Add onion, green pepper, carrots, and potatoes after draining the meat. Steam 20 minutes or until cooked. Add salt, oregano, vinegar, tomato soup, eggs, pepper, and garlic powder. Pack mixture into pumpkin until 1" from top. Put on lid. Bake at 350 for 1 to 1 ½ hours.

Pumpkin Chili

2 lbs. ground beef or turkey	1 12-oz. bottle chili sauce
1 med. onion, chopped	1-2 Tbsp. chili powder
1 cup pumpkin puree	2 tsp. pumpkin pie spice
1 28-oz. can diced stewed tomatoes	1 tsp. brown sugar
1 16-oz. can kidney beans, drained	1-1/2 tsp. salt

1 tsp. pepper

In a large Dutch oven or soup kettle, brown the ground beef or turkey with the onion. Drain any excess grease. Add the remaining ingredients and stir well to mix. Bring to a boil, then reduce the heat and simmer for 1 hour. Ladle into bowls and top with grated cheese, if desired. Makes 8 cups.

Pumpkin Soup

1 medium onion, chopped	3 c. chicken broth
1 c. diced or sliced carrots	2 c. pumpkin puree
1 c. fresh or frozen peas	½ pint heavy cream
1 can pinto beans (or 1 ½ -2 c., cooked)	1/4-1/2 tsp. nutmeg
1 can lima beans (or 1 ½ 2 c., cooked)	salt to taste

Mix onion, carrots and broth; simmer till vegetables are tender. Stir in pumpkin, peas, cream, beans, nutmeg and salt; heat through (but do not boil).

Creamy Curried Pumpkin Soup

2 medium leeks (if not available, use green onions)	1 Tbsp. butter or margarine
3 ½ cups chicken broth (or 3 ½ cups water with 3 ½ tsp bouillon)	1 tsp. curry powder
½ tsp. salt	1 ¼ cups pumpkin
¾ cup milk	1 bay leaf
	¼ tsp. ground pepper
	¼ cup (2 oz.) plain yogurt

In a large saucepan, melt margarine over low heat. Add sliced leeks, onion, and curry powder. Cover and cook 10 minutes or until vegetables are tender, stirring every 2 minutes. Add chicken broth, pumpkin, bay leaf, salt, and pepper. Bring to a boil; reduce heat, and simmer, uncovered, 20 minutes, stirring occasionally. Remove from heat, and let cool slightly. Remove and discard bay leaf. Pour one-half of pumpkin mixture into a blender or food processor and puree` till smooth. Repeat procedure with other half. Return pumpkin mixture to saucepan. Combine milk and yogurt in a small bowl; stir well. Add milk mixture to pumpkin mixture; stir well. Cook over low heat until thoroughly heated (do not boil). Yields 6 cups.

Curried Pumpkin Apple Soup

½ c. apple juice concentrate	5 c. chicken stock or pumpkin/apple stock
1 apple, diced	3 c. pumpkin puree

1 large onion, diced
3 Tbsp. olive oil
1 Tbsp. high-quality curry powder

1 c. evaporated milk, half-and-half,
or coconut milk
paprika

Heat the olive oil and cook the onion in it for three minutes. Add the diced apple, cook a couple minutes more. Add the curry powder, and cook another minute. Set aside. Put half of this in a pot, along with half the stock and all of the pumpkin. Simmer for 10 minutes. Meanwhile, put the other half of sautéed onions and apples in a blender. Add the apple juice concentrate; blend until smooth. Add this and the evaporated milk to the soup. Heat but do not boil. Garnish each bowl with a spoonful of the sautéed onions and apples, and a dash of paprika. Makes 2 ½ -3 quarts.

For even more flavor, make a pumpkin/apple stock by combining:

Seeds and strings from the pumpkin
3 c. pumpkin puree
1 head garlic, unpeeled
1 ½ tsp. salt

3 crisp apples, quartered (sour are best)
1 large onion, quartered
zest of ½ orange
6 c. water

(Don't use the seeds if you're going to roast them.) Simmer everything for 45 minutes, then strain and discard solids. Measure 5 cups for recipe, adding water if you need to.

Breads

Pumpkin Quick Bread

2/3 cup hot water
2/3 cup butter (I use ½ c.)
4 eggs
3 1/3 cups flour
1 tsp. cinnamon
1 tsp. ginger
1 cup chopped nuts

2/3 cup raisins
3 cups sugar (I use 2 c, use some brown)
2 cups pumpkin
1 ½ tsp. salt
1 tsp. nutmeg
2 tsp. baking soda

Combine hot water and raisins; let sit. Cream margarine and sugar; add eggs and pumpkin. Add dry ingredients and mix. Add nuts and raisin-water mix. Blend until moistened. Bake in 2 9x5x3" loaf pans at 350 for about 1 hour, or till toothpick inserted comes out clean.

May also bake the bread by placing in empty, clean soup cans (10 ¾ oz. size), filling ½ to ¾ full. Bake, let bread cool 15 minutes, and remove from cans. Share with neighbors!

Pumpkin-Pecan Yeast Bread (This one has won prizes at the Utah State Fair)

4 tsp. active dry yeast (or 1 Tbsp. instant yeast)	4 c. bread flour
¼ c. warm water	½ c. butter, melted
½ c. honey	1 tsp. cinnamon
1 c. pumpkin puree	½ tsp. ginger
½ c. milk	½ tsp. ground cloves
2 large egg yolks	1 tsp. salt
1/3 c. cornmeal	1 c. pecan pieces, toasted

Combine yeast and warm water, stir to dissolve. Let stand 3 minutes. Add honey, pumpkin, milk, egg yolks, cornmeal, and 2 cups of the flour. Stir and let stand for 15-30 minutes to soften cornmeal and let flavors combine. Add butter, then the remaining 2 cups flour, the cinnamon, ginger, cloves, and salt. Knead until smooth and elastic, about 5-10 minutes. Let rest 20 minutes (This is the autolyse).

Knead in pecans. Cover and let rise until doubled, about 1 ½ -2 hours. While it's rising, make this glaze: ½ c. cold water, 1 ¼ tsp. cornstarch
Combine, bring to a boil, and stir until thickened. Cover it so it doesn't form a skin, and let it cool.

Shape dough into long logs, and tie each into a knot. (Or simply shape into a ball, seam-side down, or shape into two 8x4 loaves.) Cover and let rise until nearly doubled, 1-1 ½ hours. Using a pastry brush, gently coat each loaf with the glaze. Bake at 375 degrees for 25-35 minutes, until golden brown and the surface is firm. Brush again with the glaze while hot. This helps it have a nice shine and a thin, soft crust. Cool before cutting.

Best eaten the day-of, but it freezes very well.

Walnut-Pumpkin Cake Bread

1 c. walnuts, coarsely chopped	2 eggs
½ c. raisins, finely chopped	1 ½ c. brown sugar
2 ½ c. flour	2 c. pumpkin
1 ¾ tsp. salt	1/3 c. butter or margarine, softened
1 ½ tsp. baking soda	1 tsp. grated orange peel
1 tsp. pumpkin pie spice	

Sift together flour, salt, soda and spice. Beat eggs; add sugar, pumpkin, butter and orange peel; beat until well blended. Stir in dry mixture. Reserve 2 Tbsp. walnuts for top of bread; stir remaining nuts and raisins into batter. Turn into greased and floured 9" tube pan, and sprinkle with the reserved walnuts. Bake below the center of the oven at 325 for about 1 hour and 20 minutes, until bread tests done. Remove from oven and let stand 10 minutes, then turn out onto wire rack to cool. Makes 1 large ring.

Applesauce-Pumpkin Bread

3 ½ c. flour	1 c. pumpkin
3 c. sugar	1 c. applesauce
2 tsp. baking soda	½ c. vegetable oil (you may leave out all the oil for a lower-fat bread)
1 tsp. salt	2/3 c. apple juice or water
1 tsp. cinnamon	4 eggs
½ tsp. nutmeg	2 c. peanut butter chips
½ tsp. ginger	1 c. nuts, chopped
½ tsp. ground cloves	
1 c. raisins	

Mix dry ingredients together, except for chips, nuts, and raisins. In a separate bowl, mix pumpkin, applesauce, juice or water, oil, and eggs. Beat till smooth. Mix dry ingredients with pumpkin mixture. Stir in chips, nuts, and raisins. Pour batter in three 8 ½x4 ½ greased loaf pans. Bake at 350 for 50-60 minutes. Cool in pans for 10 minutes, then remove.

This recipe may also be baked in muffin tins.

Pumpkin Biscuits

2 c. flour	½ tsp. cinnamon
3 Tbsp. sugar	½ c. (1 stick) butter or margarine
4 tsp. baking powder	1/3 c. nuts, chopped
½ tsp. salt	½ c. light cream
2/3 c. pumpkin	

Mix flour, sugar, baking powder, salt, and cinnamon. Cut in butter or margarine until mixture resembles coarse crumbs. In separate bowl, blend cream, pumpkin, and nuts. Add this to the dry ingredients, stir just enough to blend. Turn out on lightly floured board; knead gently five times. Roll dough ½" and cut with biscuit cutter. Bake at 425 for 15-20 minutes. Makes about 12 biscuits.

Pumpkin Muffins

1 cup flour	1 cup whole wheat flour
2 tsp. baking powder	½ tsp. baking soda
1/4 tsp. salt	3 Tbsp. packed brown sugar
3/4 tsp. cinnamon	1/4 tsp. nutmeg
1 cup pumpkin	½ cup milk
1/4 cup vegetable oil	2 Tbsp. maple syrup

1 egg, beaten
1/4 cup chopped pecans, toasted

3/4 tsp. maple flavoring
Cooking spray

Combine dry ingredients in a large bowl, stirring well. Make a well in center of mixture. Combine pumpkin, milk, oil, syrup, egg, and flavoring, stirring well. Add liquid ingredients to dry ingredients, stirring just until dry ingredients are moistened. Gently fold in pecans. Fill muffin tins (coated with cooking spray) 2/3 full. Bake at 400 for 20 minutes or until lightly browned. Remove from pans immediately. Makes about 18 muffins.

Blueberry-Pumpkin Muffins

1 2/3 cup flour
1 tsp. baking soda
1/2 tsp. baking powder
1/2 tsp. salt
1 tsp. cinnamon
1/2 tsp. allspice
1 cup pumpkin

1/4 c. evaporated milk (or use whole milk)
1/3 cup shortening
1 cup firmly packed light brown sugar
1 egg
1 cup blueberries
1 Tbsp. flour
Streusel

Combine flour, baking soda, baking powder, salt, cinnamon, and allspice. Combine pumpkin and milk until blended. Cream shortening and sugar in large bowl. Add egg; beat until mixture is fluffy. Add flour mixture alternately with pumpkin mixture, beating well after each addition. Combine blueberries and flour. Gently stir into batter. Fill 18 greased or paper-lined muffin tins 3/4 full. Sprinkle Streusel over top of muffins. Bake at 350 degrees 40 minutes or until toothpick inserted in center comes out clean. (Note: for larger muffins, make 12 instead of 18.)

STREUSEL: Combine 2 Tbsp. flour, 2 Tbsp. sugar, and 1/4 tsp. cinnamon. Cut in 1 Tbsp. butter until mixture is crumbly.

Pumpkin-Carrot Muffins

1/3 cup brown sugar
1/8 cup (2 Tbsp.) oil
2 egg whites (or 1 whole egg), beaten
1/2 cup pumpkin
1/2 cup grated carrots
3/4 cup flour (whole wheat is good)

1 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. cinnamon
1/4 tsp. salt
1/4- 1/2 cup raisins

Beat together brown sugar, oil, egg whites (egg), and pumpkin puree. Add grated carrot. Stir in all dry ingredients just till moistened, then fold in raisins. Spoon batter into muffin pan lightly sprayed with cooking spray. Bake at 375 for 10 minutes or till done. Makes about 10 muffins.

Pumpkin Pancakes

2 c. biscuit mix*
2 Tbsp. brown sugar
2 tsp. cinnamon
2 eggs, beaten

1 c. milk
1 c. pumpkin
1/4 c. oil (or 2 Tbsp. for lower fat)

Stir dry ingredients together; add milk, pumpkin, oil, and eggs. Beat until just slightly lumpy but moistened. Pour about 3/4 cup of batter onto a pre-heated 10" skillet. Spread to make an oval about 7x8", just off-center of the pan. Add about 1 1/2 Tbsp. more batter at one end of the oval to make a stem. Cook over medium heat until surface is slightly bubbly and edges are dry. Flip and cook till golden brown. Serve with syrup or honey. Makes 4-5 (8-9") pumpkins.

*Instead of biscuit mix, you may use 2 c. flour, 2 tsp. baking powder, and 1/4 tsp. salt. This will also reduce the recipe's fat content by at least half.

Spicy Pumpkin Pancakes

2 cups cornmeal
2 cups pumpkin
1 egg, beaten
1/4 tsp. salt
1/8 tsp. nutmeg
Cooking spray

1 cup milk
2 Tbsp. margarine, melted
1 Tbsp. sugar
1/4 tsp. cinnamon
1/8 tsp. ground cloves

Combine all ingredients (except spray!) in a large bowl; stir well. Drop mixture onto a griddle or electric skillet that has been coated with cooking spray. Bake at 400 for 15 -20 minutes or until lightly browned. .

Cakes and Cookies

Pumpkin Pound Cake

1 cup butter, softened
3 cups sugar
5 eggs
3 cups flour
2 tsp. baking powder
1/2 tsp. baking soda

2 tsp. cinnamon
1/4 tsp. ground cloves
1/8 tsp. apple pie spice (or use cinnamon)
1/2 tsp. salt
2 cups pumpkin
1/3 c. rum (or use 2-3 tsp. rum flavor), opt.

Or use 1/3 c. maple syrup, reduce sugar to 2 1/2 c.

Beat butter about 2 minutes or until light and creamy. Gradually add sugar, beating at medium speed for

5-7 minutes (don't cheat!). Add eggs, one at a time, beating until yellow disappears. Combine dry ingredients. Combine pumpkin and rum (if using). Add dry mix and pumpkin mix alternately to creamed mixture, beginning and ending with flour mixture. After each addition, beat at lowest speed just until blended. Pour into greased and floured tube pan. Bake at 325 degrees for 1 hour and 25-30 minutes. Cool on rack, then remove from pan. May serve slices topped with a dollop of whipped cream, sprinkled with cinnamon, OR serve with warm butterscotch sauce.

Pumpkin Cake

Topping:

1 cup yellow cake mix	1 tsp. cinnamon
½ cup sugar	3 Tbsp. butter or margarine

Mix until crumbly.

Bottom:

1 egg	1 cube (1/2 cup) butter or margarine
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the rest of the cake mix
Mix together and press onto bottom of a 9x13 pan, greased and floured.

Pumpkin mixture:

1 ¾ cup pumpkin	½ tsp. salt
1 cup evaporated milk	½ tsp. ginger
2/3 cup sugar	1/4 tsp. ground cloves
1 tsp. cinnamon	

Mix and pour over bottom crust. Sprinkle topping over pumpkin mixture. Bake 1 hour at 350.

Banana-Pumpkin Cake

1 cup sugar	1 ¼ cups flour
½ cup shortening (butter-flavor is best)	½ tsp. salt
2 eggs	1 tsp. cinnamon
1 large ripe banana, mashed	1 ¼ tsp. pumpkin pie spice (a mix of cinnamon, cloves, ginger, and nutmeg)
½ cup pumpkin	¾ tsp. baking soda
1 Tbsp. (3 tsp.) vanilla	
1 cup each raisins and nuts, optional	

Cream sugar and shortening; add eggs. Stir in banana and pumpkin. Sift together all dry ingredients and add to banana mixture. Add vanilla, then raisins and/or nuts if desired. Bake at 350 for about 40 minutes.

Pumpkin-Orange Cake with Orange Butter Frosting

1 1/4 cups sugar	1 Tbsp. baking powder
1/2 cup butter or margarine, softened	1 tsp. cinnamon
2 eggs	1/2 tsp. salt
1 cup pumpkin	1/2 tsp. baking soda
1/2 cup milk	1/2 tsp. ginger
1/4 cup orange juice	1/2 tsp. allspice
1 Tbsp. grated orange peel	1/2 cup chopped nuts
2 cups flour	

In a large bowl, cream margarine and sugar until fluffy. Beat in eggs. In separate bowl, blend together pumpkin, milk, orange juice and peel. In another bowl, stir together remaining ingredients except nuts; add alternately with pumpkin mixture to creamed mixture. Stir in nuts. Spread batter into a greased 9x13 inch (or 2 8-inch round) cake pan. Bake at 350 for 25-35 minutes or until cake tests done. Cool 10 minutes in pan/s before removing to racks to cool. Frost with Orange Butter Frosting.

Orange Butter Frosting:

4 cups sifted powdered sugar	3-4 Tbsp. orange juice
1/2 cup butter or margarine, softened	2 tsp. grated orange peel

Combine all ingredients and beat until smooth.

Pumpkin Sheet Cake with Cream Cheese Frosting

4 eggs	1/2 tsp. salt
2 c. sugar	1 tsp. ginger
3/4 c. vegetable oil	1 tsp. baking soda
2 c. pumpkin (may also use cooked and mashed squash or carrots)	2 tsp. baking powder
2 c. flour	2 tsp. cinnamon
	1/2 tsp. ground cloves

Mix together eggs, sugar, oil, and pumpkin. Mix together remaining ingredients and add. Bake in greased and floured 9x13 pan for 30 minutes at 350. When cool, frost with:

Frosting: (beat all ingredients together)

3 oz. cream cheese, softened	pinch of salt
1/2 c. butter or margarine, softened	1 tsp. vanilla
2 c. powdered sugar	

Pumpkin Spice Cake with Cherries

2 c. flour	1/4 tsp. ginger
1 tsp. baking powder	1/2 c. (1 stick) butter or margarine, softened
1 tsp. baking soda	1 c. sugar
1/2 tsp. salt	2 eggs
1/2 tsp. nutmeg	1 c. pumpkin
1/2 tsp. allspice	2/3 c. sour milk*
2 tsp. cinnamon	1/2 c. red maraschino cherry halves

Mix dry ingredients together. In a separate bowl, cream margarine with sugar. Beat in eggs. Mix pumpkin and milk together. Alternately add pumpkin mixture and dry mixture to the sugar mixture. Pour *half* of the batter in a greased 10" tube pan. Sprinkle cherry halves evenly on top. Carefully pour in remaining batter over the top of the cherries. Bake at 350 for 60-70 minutes. Remove from oven, cool for 10 minutes, then remove from pan. Sprinkle with powder sugar, garnish with additional cherries if desired.

*to make sour milk, use 2/3 Tbsp. less than 2/3 c. milk. Stir 2/3 Tbsp. lemon juice or vinegar into the milk. Let stand for 5 minutes.

Pumpkin Roll

3 eggs	1 c. sugar
2/3 c. pumpkin	1 tsp. lemon juice
3/4 c. flour	1 tsp. baking powder
2 tsp. cinnamon	1 tsp. ginger
1/2 tsp. nutmeg	1/2 tsp. salt
1 c. chopped nuts	

Beat eggs on high for 5 minutes. Gradually add sugar. Stir in pumpkin and lemon juice. Fold in dry ingredients. Grease and flour a jelly roll pan (or cookie sheet with 1" high sides). Spread batter on pan and sprinkle with nuts. Bake at 375 for 13-15 minutes. Turn cake out onto a kitchen towel sprinkled liberally with powdered sugar. Holding one of the narrow sides of the cake, very carefully roll it up with the towel cinnamon roll style. When cool, unroll slowly and spread with the following ingredients beaten together:

1 c. powdered sugar	1/4 c. (half cube) butter
1 (8 oz.) pkg. cream cheese	1 1/2 tsp. vanilla

Roll again. Slice and serve. Top with ice cream if desired.

Pumpkin Cupcakes

2 1/4 c. flour	1/2 c. margarine
3 tsp. baking powder	1 1/2 c. sugar
1/2 tsp. baking soda	2 eggs, beaten
1/2 tsp. salt	1 c. pumpkin
1/2 tsp. each ginger, cinnamon, and nutmeg	3/4 c. milk
	3/4 c. each nuts and raisins

Cream together the margarine, sugar, beaten eggs, milk, nuts and raisins. Add to the flour, baking power, soda, salt, ginger, cinnamon, and nutmeg. Bake at 375 for 25 minutes. Cool and frost with cream cheese frosting, if desired.

Pumpkin Cookies

1/2 cup shortening or butter	1 tsp. cinnamon
1 cup sugar	1/4 tsp. ginger
2 eggs, beaten	1/2 tsp. nutmeg
1 cup pumpkin	1/2 cup raisins, optional
2 cups flour	1 cup chocolate chips, optional
1 Tbsp. baking powder	1 cup chopped nuts, optional
1/2 tsp. salt	

Cream shortening, sugar, eggs, and pumpkin. Combine dry ingredients, then add to pumpkin mixture and mix well. Add nuts, chips, and/or raisins. Drop by teaspoon on greased cookie sheet and bake for 15 minutes at 350. Makes about 2 dozen.

Pumpkin Chocolate Chip Cookies

2 eggs	2 cups pumpkin
1 cup oil	2 tsp. milk
1 cup chopped nuts (pecans preferred)	2 cups sugar
1 tsp. salt	4 cups flour
2 tsp. baking soda	4 tsp. baking powder
1 (11-12-oz.) pkg. chocolate chips	2 tsp. cinnamon
2 tsp. vanilla	

Combine sugar and oil. Stir in pumpkin, milk, vanilla and eggs. Blend well. Sift flour with salt, soda, baking powder and cinnamon, and add to creamed mixture. Blend in chocolate chips and nuts. Drop by

teaspoon onto greased cookie sheet. Bake at 375 for about 10 minutes. Makes about 4 dozen

No Egg Pumpkin Cookies

2 c. brown sugar, firmly packed	2 ½ c. canned pumpkin
¾ c. oil	2 tsp. vanilla
4 c. flour	2 tsp. baking soda
2 tsp. baking powder	2 tsp. cinnamon
2 tsp. nutmeg	1 c. each raisins and nuts (optional)

Beat together wet ingredients and sugar. Sift dry ingredients; stir into wet ingredients until smooth. Blend in raisins and nuts. Drop by teaspoon on greased baking sheets. Bake at 350 for 12-15 minutes. Makes 5-6 dozen.

Pumpkin-Oatmeal Bites

2 c. flour	1 c. butter or margarine
1 tsp. cinnamon	1 ½ c. packed brown sugar
½ tsp. baking soda	2 eggs
½ tsp. baking powder`	¾ c. pumpkin
½ tsp. salt	3 c. quick-cooking rolled oats
½ tsp. nutmeg	1 cup raisins <u>or</u> chocolate chips

Beat butter or margarine till softened. Add brown sugar and beat till fluffy. Add eggs and beat well. Beat in pumpkin. Add flour, cinnamon, baking soda, baking powder, salt, and nutmeg. Still until well blended. Stir in oats and raisins or chocolate chips. Drop by rounded teaspoons onto an ungreased cookie sheet. Bake at 350 about 12 minutes or till done. Makes about 10 dozen (small) cookies.

Pumpkin Oatmeal Chews

1 ¼ c. flour	1 tsp. cinnamon
1 ½ tsp. salt	½ tsp. nutmeg
1 tsp. baking powder	1 egg
¼ tsp. baking soda	1 cup pumpkin
¾ c. rolled oats	1 c. (6 oz.) chocolate chips
1 c. firmly packed brown sugar	1 cup raisins
¾ c. sugar	1 cup chopped nuts
½ cup shortening	

Sift together flour, salt, baking powder and soda. Add rolled oats. Cream shortening, brown and white sugars, cinnamon and nutmeg. Blend well. Add egg and continue beating. Add rolled oat mixture alternately with pumpkin. Add the chocolate chips, raisins and nuts. Drop by spoonfuls onto lightly greased (or sprayed) baking sheets. Bake at 375 for 14-16 minutes. Makes about 3 dozen 2 1/2" cookies.

Biscuit Mix Pumpkin Bars with Cream Cheese Frosting

2 cups sugar	2 cups pumpkin
1/2 cup vegetable oil	4 eggs, beaten
2 cups buttermilk baking mix (Bisquick)	2 tsp. cinnamon
1/2 cup raisins	Cream Cheese Frosting (recipe below)

Beat sugar, oil, pumpkin and eggs together. Stir in baking mix, cinnamon and raisins. Pour into greased jelly roll pan (15x10x1") Bake until toothpick inserted in center comes out clean, 25 to 30 minutes at 350. Cool and cut into bars. Store in refrigerator.

Cream Cheese Frosting

1 pkg. (3 oz.) cream cheese, softened	1/3 cup butter or margarine, softened
1 Tbsp. milk	1 tsp. vanilla
2 cups powdered sugar	

Beat cream cheese, margarine, milk and vanilla until creamy. Stir in powdered sugar until smooth and of desired consistency.

Pumpkin-Chocolate Chip Bars

2 c. flour	2 c. pumpkin
2 tsp. baking powder	1 1/2 c. sugar
2 tsp. cinnamon	1/4 c. vegetable oil
1 tsp. baking soda	1 c. (6 oz.) semisweet chocolate chips
1 tsp. salt	3 Tbsp. sugar
4 eggs, beaten	1/2 tsp. cinnamon

Combine eggs, pumpkin, 1 1/2 cups sugar, and oil. Add flour, baking powder, 2 tsp. cinnamon, baking soda, and salt. Mix just till moistened. Stir in chocolate chips. Spread in an ungreased jelly roll pan (15x10x1-inch). Stir together the 3 tablespoons sugar and 1/2 teaspoon cinnamon and sprinkle evenly over batter. Bake at 350 for 35-30 minutes or till done. Cool. Cut into bars.

Desserts

Easy Pumpkin Cobbler

Crust:

2 eggs, beaten

½ cup sugar

½ cup milk

of ground cloves, cinnamon, ginger, and nutmeg

¾ c. pancake mix (or Bisquick)

2 Tbsp. margarine, melted

½ tsp. pumpkin pie spice (or 1/8 tsp each

Filling:

2 eggs, beaten

½ cup (4 oz.) evaporated milk

1 c. sugar

½ tsp. pumpkin pie spice (see above)

3 ¾ cups pumpkin

To make crust, combine eggs, sugar and milk in a small deep mixing bowl. Add pancake mix and spice; mix well. Pour melted margarine in an 8x11-inch baking pan and spread to cover. Spread crust mixture over bottom of pan. To make filling, combine eggs, milk, spice, and pumpkin. Mix well and pour over crust. Bake at 325 for 50-60 minutes, or until crust is brown and filling is set. (The crust will rise up through the filling.) Serve plain or with whipped cream.

Sour Cream-Pumpkin Cheesecake

Crust:

1 cup graham cracker crumbs

1 Tbsp. sugar

4 Tbsp. butter or margarine, melted

1 ¼ tsp. cinnamon

Topping:

2 cups (16 oz.) sour cream

2 Tbsp. sugar

1 tsp. vanilla

12-16 pecan halves (or walnuts will do)

Filling:

2 pkgs. (8 oz. each) cream cheese, softened

¾ cup sugar

2 cups (16 oz.) pumpkin

½ tsp. ginger

½ tsp. nutmeg

¼ tsp. salt

2 eggs

Combine crust ingredients. Press into bottom of a 9-inch spring form pan; chill. For filling, beat cream cheese and sugar in a large mixing bowl until well blended. Beat in pumpkin, spices, and salt. Add eggs, one at a time, beating well after each. Pour into crust. Bake at 350 for 50 minutes. Meanwhile, for topping, combine sour cream sugar and vanilla. Spread over filling; return to the oven for 5 minutes. Cool on rack; chill overnight. Garnish each slice with a pecan half.

Pumpkin Cheesecake with Pastry Crust

Pastry: (half is plenty for an 8" round)

1/3 cup butter	1 egg
1/3 cup sugar	1 1/4 cups flour

Cream margarine and sugar till light. Blend in egg and flour, mixing well. Press dough on bottom of an 8" spring form pan (or 9x13 pan-crust will be thinner). Bake at 400 for 5 minutes and reduce oven to 350. Remove and cool.

Filling:

2 (8 oz.) pkgs. cream cheese, softened	dash of salt
3/4 cup sugar	1/4 tsp. ginger
2 cups pumpkin	1/4 tsp. nutmeg
1 tsp. cinnamon	2 eggs

Combine cream cheese with sugar and mix till well blended. Blend in pumpkin, cinnamon, ginger, nutmeg, and salt; mix well. Add eggs, one at a time, mixing well. Pour onto pastry, smoothing to edges. Bake at 350 for 50 minutes. Loosen from rim of spring form; cool before removing. Chill. Serve with whipped cream if desired.

Maple-Pumpkin Cheesecake: to recipe above add 1/4 c. maple syrup, 1 1/2 tsp. cinnamon, 1 tsp. nutmeg. Bake, then top with this: 4 tsp. cornstarch, 2 Tbsp. water, 2 Tbsp. butter, 1/2c. maple syrup (boil those together, then stir in:) 1/2 c. raisins, 1/2 c. chopped toasted walnuts.

Lower-fat Pumpkin Cheesecake

Cooking spray	2 Tbsp. cinnamon graham cracker crumbs
2 cups pumpkin	12 oz. Neufchatel cheese (low-fat cream cheese), softened
1 cup part-skim ricotta cheese	1 Tbsp. plus 1 1/2 tsp. flour
1/2 cup packed dark brown sugar	1 1/2 tsp. pumpkin pie spice
1 Tbsp. grated orange peel	1 tsp. brandy flavoring (opt.)
1 1/4 tsp. vanilla	
2 eggs	

Coat bottom of a 9-inch spring form pan with cooking spray. Dust with the cracker crumbs. Combine pumpkin and every else except eggs in a blender or food processor; puree` until smooth. Add eggs, one at a time, and process just till blended. Pour batter in prepared pan, and place pan in a large shallow baking pan. Pour hot water 1" deep into larger pan. Bake at 350 for 50 minutes or until cheesecake is almost set. Turn oven off, and partially open oven door; leave cake in oven 30 minutes. Remove cake from water bath, and let cool to room temperature on a wire rack. Cover and chill thoroughly. Remove sides of pan before serving.

Almond-Pumpkin Charlottes

30 single ladyfingers (type of cookie)	1 tsp. cinnamon
2 envelopes unflavored gelatin	½ tsp. nutmeg
2/3 c. milk	½ tsp. ginger
1/3 c. dark rum*	1/4 tsp. ground cloves
4 eggs, separated	1 c. whipping cream, whipped with
2/3 c. brown sugar	3 Tbsp. sugar
2/3 c. pumpkin	½ c. toasted almonds, chopped
1 tsp. grated orange peel	additional cream to garnish

Trim tips off ladyfinger to fit the sides of an 8" spring form pan. Stand cookies in pan, curved side against pan. Set aside. In a large saucepan, mix gelatin, milk, rum, egg yolks, and 1/3 c. of the sugar. Cook on low, stirring for about 5-10 minutes, until it forms a soft custard (mixture will coat a metal spoon. A finger wiped across the spoon will leave a clean path, and consistency should be smooth and creamy). Remove from heat. Add pumpkin, orange peel and spices. Set aside. In an absolutely clean glass or metal bowl, beat egg whites till soft peaks form. Gradually beat in the rest of sugar, beating till stiff peaks form but whites are not dry. Fold whites and whipped cream alternately into custard mixture. Fold in almonds. Turn into prepared pan. Cover and chill 6 hours or up to 3 days. Yields 10 servings.

*A good substitute for dark rum: use 1/3 c. of a syrup made using 2 parts brown sugar (dark if you have it) to 1 part water. To make the syrup, stir over medium or high heat until sugar dissolves. Cool before adding to recipe to avoid curdling egg yolks. If using this substitution, reduce brown sugar in the recipe to 1/3 cup. Use leftover syrup in another recipe, or add a few drops maple flavoring and serve on pancakes or waffles.

Pumpkin-Sour Cream Filling for Tiny Tarts

Crust:

½ cup butter or margarine, softened	3 oz. cream cheese, softened
1 cup flour	

Beat together butter/margarine and cream cheese; stir in flour. Shape into 1" balls. Press onto bottom and up sides of 1 3/4-inch muffin cups. Fill each with 1 rounded teaspoon filling. Bake at 325 for 30 minutes or till done. Cool slightly in pan. Remove and cool well. Makes 24

Filling:

1 egg	½ cup pumpkin
1/4 cup sour cream	1 Tbsp. milk
½ tsp. pumpkin pie spice	whipped cream for garnish

Beat all (except whipped cream) together and pour in tart shells. Bake.

Praline Pumpkin Pie

1 (8 or 9") pastry shell, baked	1 Tbsp. butter or margarine
½ c. chopped pecans	¼ c. butter or margarine
⅓ c. packed brown sugar	⅓ c. granulated sugar
2 tsp. pumpkin pie spice (or ½ tsp. each ground cloves, nutmeg, ginger, and cinnamon)	1 (2 ¼ or 3-oz.) pkg. no-bake custard mix
⅔ c. milk	2 c. pumpkin
toasted chopped pecans	⅔ c. (one 5 ⅓ oz. can) evaporated milk

To toast the pecans, dot 1 tablespoon butter or margarine on the nuts, then bake at 350 for 15 minutes, stirring often. For filling, melt the ¼ cup butter or margarine in a saucepan. Add brown sugar and toasted pecans; cook and stir till bubbly. Spread over bottom of pie crust. Combine sugar, custard (or pudding) mix, and spices. Stir in pumpkin, milk, and evaporated milk. Cook, stirring, till bubbly. Cover and cool 10 minutes. Carefully pour it over pecans in pie crust. Chill until firm. Garnish with additional toasted chopped pecans.

Pumpkin-Apple Pie

1 (8 or 9") pastry shell, baked for 10 minutes	½ cup packed brown sugar
½ cup water	2 Tbsp. butter or margarine
1 Tbsp. cornstarch	1 tsp. cinnamon
½ tsp. salt	4 cups sliced, peeled cooking apples
1 Tbsp. lemon juice	1 egg, beaten
1 cup pumpkin	½ cup sugar
½ tsp. ginger	⅛ tsp. ground cloves
⅔ cup (5 ⅓ oz. can) evaporated milk	unsweetened whipped cream

Bring to a boil over medium heat the brown sugar, water, butter or margarine, cornstarch, cinnamon, and ¼ teaspoon of the salt. Stir in apples. Cover and cook 5-6 minutes or till apples are crisp-tender, stirring occasionally. Stir in lemon juice. Spread mixture evenly in pie shell. Mix together the egg, pumpkin, sugar, ginger, cloves, and the other ¼ tsp. salt. Stir in evaporated milk. Pour this mixture over the apples. Bake at 375 for 40-45 minutes or till knife inserted off-center comes out clean. Cool and serve with whipped cream.

Dreamy High Pumpkin Chiffon Pie

Gingersnap-Graham Crust (recipe follows)	1 cup sugar
½ cup milk	1 Tbsp. (1 pkg.) unflavored gelatin
1 tsp. pumpkin pie spice (or 1/4 tsp. each ground cloves, cinnamon, nutmeg, and ginger)	1/4 c. cold water
3 egg yolks	½ tsp. salt
1 1/3 cup pumpkin carton whipped topping	3 egg whites
	1 ½ cup whipping cream or one 12-oz.

Mix gelatin and cold water and let sit until gelatin softens. Beat egg yolks until thick and lemon colored and then add ½ cup sugar; beat. Add milk, pumpkin, salt, and spice. Cook over low heat until thick, stirring constantly, about 10 minutes. Add gelatin and stir until dissolved. Cool until it sets up to the consistency of corn syrup. Immediately beat egg whites till soft peaks form. Beat in ½ cup sugar, beating till stiff peaks form. When gelatin mixture is the consistency of unbeaten egg whites (partially set), fold in stiff-beaten egg whites. Fold in cream, whipped, or the whipped topping. Chill several hours or overnight till set.

Gingersnap-Graham Crust

3/4 cup fine gingersnap crumbs (12 cookies)	½ cup fine graham cracker crumbs (7 full crackers)
1/4 cup butter or margarine, melted	
2 Tbsp. sugar	

Mix together both kinds of crumbs, melted butter or margarine, and sugar. Turn crumb mixture into a 9-inch pie plate. Press onto bottom and sides to form a firm, even crust. Bake at 375 for 4-5 minutes. Cool thoroughly on a rack.

Pumpkin Streusel Pie

Pecan Pastry

2 cups flour	1/4 cup finely chopped pecans
1 tsp salt	2/3 cup plus 2 Tbsp. shortening
4-5 Tbsp. water	

Put flour, nuts, and salt into a bowl. Cut in shortening. Sprinkle in water a tablespoon at a time, mixing until flour is moistened and dough almost cleans bowl. Gather into a ball; divide and shape into 2 rounds. Roll out and line 2 pie plates.

Pumpkin Filling:

1 can pumpkin pie mix (or all ingredients for pumpkin pie except eggs and crust)	1 egg
Blend all together and pour into pecan pastry.	1 can sweetened condensed milk

Streusel Topping:

½ cup brown sugar	1/4 cup flour
-------------------	---------------

1/4 cup chopped pecans
1/4 tsp. cinnamon

1/4 cup butter

Mix all together with a fork until crumbly. Sprinkle on pies and bake at 350 50-55 minutes until knife inserted in pie comes out clean. Cool and serve with whipped cream.

Pumpkin Cookie Pie

(Easy enough for kids to make by themselves!)

1 qt. vanilla frozen yogurt or ice cream,
softened
1 cup pumpkin
1/2 cup brown sugar
whipped cream

1/4 tsp. cinnamon
1 pre-baked 9" pie shell
1 20-oz. pkg. refrigerated sugar cookie dough
optional decorations: candy corn, sprinkles,

Make cookies using refrigerated dough and cookie cutter (use Thanksgiving cutters if you have them). Bake and set aside. Combine the pumpkin, sugar, and cinnamon. Stir in the softened ice cream or yogurt. Mix well. Pour into the pre-baked pie shell, and cover with plastic wrap. Freeze 2-3 hour or overnight. Before decorating, let pie defrost for 15 minutes at room temperature. Decorate the pie with a cookie (preferably turkey shaped) in the center. Add whipped cream and candy corn, if desired. Serve alongside the extra cookies.

Impossible Pumpkin Pie

(This pie makes its own crust)

2 c. pumpkin
1 can (12-13 oz.) evaporated milk
2 Tbsp. butter or margarine, softened
2 eggs
2 tsp. vanilla
ginger, and nutmeg)

3/4 c. sugar
1/2 c. Bisquick (or 1/2 c. flour plus 1/2 tsp.
baking powder)
2 1/2 tsp. pumpkin pie spice (or 1 tsp.
cinnamon, and 1/2 tsp. each ground cloves,

Beat all ingredients 1 minute in a blend on high or 2 minutes with hand beater. Pour into greased pie plate. Bake at 375 about 45-50 minutes or till knife inserted in center comes out clean. Cool on a flat, heatproof surface (not on a wire rack).

Microwave instructions: place on an inverted (microwavable) dinner plate on medium high (70% power), rotating pie plate 1/4 turn every 5 minutes (unless you have an automatic turntable- then use that). Cook until knife inserted in center comes out clean, 22 to 32 minutes.

Gobble-up Pumpkin Pie

enough piecrust for a single-crust pie
2 cups pumpkin
1 14-oz. can sweetened condensed milk
1 cup semisweet chocolate chips, opt.

2 eggs
1 tsp. apple pie spice
(cinnamon, cloves, & nutmeg)

Put the pie crust into a 9-inch glass pie pan. Press crust firmly against the sides and bottom of the pan. Crimp the edges. In a large mixing bowl, combine the pumpkin, sweetened condensed milk, eggs, and apple pie spice. Mix until smooth. Stir in the chocolate chips, if desired. Pour the mixture into the piecrust and bake at 375 for 35-50 minutes or until an inserted knife comes out clean (except for melted chocolate). Cool before serving.

My Mom's Pumpkin Pie

2 cups pumpkin
3 eggs, beaten
½ tsp. cinnamon
½ tsp. ginger
½ tsp. salt

1 can evaporated milk
¾ cup sugar (part brown- the more brown
sugar, the better!)
½ tsp. nutmeg

Mix all ingredients thoroughly and pour in an unbaked pie shell. Bake at 350 for about 1 hour, or till knife inserted off-center comes out clean (or shake the pie gently to see how much the center jiggles- when it's done, it doesn't jiggle much).

Makes one very full 9-inch pie (flute the edges to hold more filling) or one big pie and one child-size pie. If you double the recipe, it will make 3 pies. (For doubling the recipe, use one can of evaporated milk, then fill up the same can with regular milk for the second can- this is cheaper and also lower-fat.) For enough pie dough for 3 crusts, combine 1 cup white flour, 1 cup whole wheat flour, and about ¼ tsp. salt. Mix, then cut in ⅓ to ½ cup shortening (depends on how fat-conscious you are). When all crumbs in mixture are pea-sized or smaller, add just enough cold water to form a soft dough. (This recipe requires more water than a regular pie crust does.) Divide into thirds, and roll out thin enough to make each ball fit a 9" pie plate (very thin).

Variations to Pumpkin Pie:

Honey-Pumpkin Pie: Omit the ¾ cup sugar and add ½ cup honey to pumpkin mixture.

Raisin-Pumpkin Pie: Add ⅓ tsp. ground cloves and ¾ cup golden raisins to pumpkin mixture.

Molasses-Pumpkin Pie: Decrease sugar to ½ cup and add ½ cup molasses to pumpkin mixture.

Tofu-Pumpkin Pie (Dairy-free and egg-free)

Pie crust- pastry (unbaked) or graham cracker ¾ c. brown sugar or ½ c. honey plus

1 lb. tofu (firm)
2 c. pumpkin
1 tsp. cinnamon
1/4 tsp. nutmeg
1/2 tsp. salt

1 1/2 tsp. molasses
1/4 tsp. ground cloves
1/3 c. vegetable oil
1 tsp. ginger
1 tsp. vanilla

Blend all ingredients in blender till smooth- about 3 minutes. Pour filling into crust. Bake 1 hour at 350. Cool.

Old-Fashioned Steamed Pumpkin Pudding

2 c. flour
1 1/2 tsp. baking powder
1/4 tsp. baking soda
3/4 tsp. salt
1 1/2 tsp. cinnamon
1/4 tsp. ground cloves
1/4 tsp. ginger
1/8 tsp. nutmeg

1/2 c. butter, softened
1/4 c. sugar
3/4 c. brown sugar, firmly packed
2 eggs
3/4 c. pumpkin
1/4 c. light molasses
1 c. walnuts, finely chopped

Sift together the flour, baking powder, soda, salt, cinnamon, cloves, ginger and nutmeg; set aside. Beat butter with the sugars. Add eggs; beat until light and fluffy. Combine pumpkin and molasses in another bowl. Beat the pumpkin mixture into the sugar mixture alternately with the flour mixture, starting and ending with flour mixture. Stir in walnuts. Turn batter into well-greased, 1 1/2-qt. pudding mold or casserole dish. Cover with foil and tie with string. Place on a trivet in deep kettle. Add boiling water to come halfway up mold. Cover kettle. Bring to boiling; reduce heat and simmer 2 1/2 hour. After cooling about 5 minutes, turn pudding out on a serving plate. Serve warm with vanilla ice cream.

Note: You may cook this in a crock pot using the following method: Pour batter into a well-greased and floured 5-6 cup mold or 1-lb. coffee can. Cover with foil. Place a small rack (or trivet) in the bottom of a crock pot. Pour 2-3 cups hot water in pot. Place covered mold or can on rack. Cover pot and cook on high 3 to 4 hours. Turn out on cooling rack when done.

Fluffy Pumpkin Pudding

3 c. pumpkin (pureed or mashed without water, if possible)
4 eggs, separated
3/4 c. light cream (or evaporated milk)
1/4 c. dark rum*
3/4 c. brown sugar

1 tsp. cinnamon
3/4 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. cloves
1/2 tsp. salt
sweetened whipped cream

Beat egg whites in a metal or glass bowl until stiff but not dry. In a separate bowl, beat yolks until thick and lemon-colored. Add pumpkin, rum, cream, sugar and spices to egg yolks. Blend well. Fold in whites. Spoon mixture into a buttered 1-quart souffle or baking dish (a bread loaf pan will work). Bake at 350 for 40 minutes or till a toothpick inserted 1" from edge comes out clean. Serve warm with whipped cream.

*To make a good substitute for the rum, mix 2 parts brown sugar (dark if you have it) with 1 part water. Cook, stirring, until sugar is completely dissolved. Replace rum with an equal amount of syrup, and reduce brown sugar in recipe to 1/3 cup. Use remaining syrup in another recipe or add a few drops maple flavoring to it and use on pancakes or waffles.

Baked Pumpkin Pudding in a Pumpkin

2 eggs, well beaten	1/2 tsp. ginger
2 c. pumpkin	1/4 tsp. ground cloves
1/4 c. sugar	2/3 c. light cream
1/2 tsp. salt	1 tsp. vanilla
1 tsp. cinnamon	1 medium unblemished pumpkin

Mix ingredients in order given (i.e. eggs and pumpkin, then sugar...). Wash pumpkin thoroughly. Cut off top (like for Jack-O-Lantern), clean out pulp and seeds. Pat dry. Rub the inside with butter or margarine (softened). Pour mixed ingredients into pumpkin, filling to 1" from top. Put pumpkin in a baking dish that has water 1" deep in it. Bake at 375 for 15 minutes, then reduce oven to 350 and bake another 45 minutes or until pudding is firm. If all the pudding didn't fit inside the pumpkin, you may cook it in a baking dish until firm, also.

You can serve the pumpkin itself as a vegetable, or chop and puree it for use in another recipe.

Miscellaneous

Pumpkin Spread

(Use on toast or muffins)

2 cups pumpkin	1/2 cup honey
1 cup apple juice	1/2 tsp. pumpkin pie spice
1 (1 3/4 oz.) pkg. powdered low-sugar fruit pectin	

Combine pumpkin, honey, juice, and spice in a saucepan. Stir in pectin. Bring to a boil; boil 1 minute, stirring constantly. Remove from heat and pour into hot sterilized jars, leaving 1/2 " headspace. Cover at once with lids. Let stand at room temperature 24 hours; store in refrigerator. Yields 3 pints. (Only 10 calories per tablespoon.)

Pumpkin-Hazelnut Ice Milk

3 cups vanilla ice milk (lowfat ice cream),
softened
3/4 tsp. cinnamon
1/4 tsp. ground cloves
1/2 cup finely chopped blanched hazelnuts
or filberts

1 cup pumpkin
1 Tbsp. packed brown sugar
1/2 tsp. nutmeg
2 Tbsp. Frangelico or other nut-flavored
liqueur (or use 1/4 tsp. almond extract)

Combine all ingredients in a large bowl, blending well. Spoon pumpkin mixture into a chilled 8 1/2 x 4 1/2 x 3-inch loaf pan; cover and freeze until firm. Scoop pumpkin mixture into individual dessert bowls and serve immediately. Yields 6 cups.

Pumpkin Shake

1 pint vanilla ice cream (about 4 heaping
ice cream scoopsful)
1 c. milk
1/2 c. pumpkin

1/8 tsp. cinnamon
dash (to taste) each ground cloves, ginger,
and nutmeg
2 Tbsp. brown sugar

Put all ingredients in a blender and mix on High until smooth. Makes about 3 1/2 cups.

You may also add raisins (before pureeing), chocolate chips, nuts, 2-3 oz. cream cheese, 2 Tbsp. molasses or honey (instead of brown sugar), or whatever else sounds good.

Fried Pumpkin Slices

Raw pumpkin, sliced 1/2" wide and 4-5" long
salt

Vegetable oil or shortening for frying
1 or 2 lemons, cut in wedges

Fry slices in a skillet in hot oil or melted shortening about 2 minutes or till golden and still firm. Drain on paper towels. Serve with salt and lemon wedges.

Dehydrated Pumpkin

1 pumpkin

honey

Cut pumpkin open and scrape out all seeds and fibrous material. Cut into 1-inch-wide strips; peel strips and cut crosswise into 1/8-inch-thick slices. Place pumpkin pieces in a large pan. Cook, covered, in just enough water to keep them from boiling dry. (Or steam them.) When tender, drain (can save the water to make bread) and pat dry. Place still-warm cubes in a large bowl and pour enough honey over them to lightly coat. Toss to coat. Dehydrate in a dehydrator or in an oven on lowest setting with the door cracked open. When done, the pieces will range from tough to brittle. Store in a cool, dark place or freeze. (If storing in bottles on a shelf, dry them again or eat immediately if moisture starts to condense on the inside of the jar.)

Roasted Pumpkin Seeds

2 c. washed, cleaned and dried
pumpkin seeds

1 ½ Tbsp. butter or margarine, melted
1 ¼ tsp. salt

Combine pumpkin seeds with butter and salt. Spread in bottom of a shallow pan. Bake at 250 for 30 to 40 minutes, stirring frequently, until seeds are crisp and lightly browned. Makes about 2 cups.

Note: for a lower-fat version, soak the seeds overnight in a mixture of 1 Tbsp. salt and about 3 cups water. Drain and bake as stated above.

Making pumpkin powder

There are photos of this process at TheProvidentHomemaker.com; search “pumpkin powder”.

To make pumpkin powder, first wash (but don't peel) the outside of a pumpkin. Scoop out the seeds. I find them easiest to separate from the stringy fibers by putting them in a bowl of water. Pinch the seeds off into the water. Dry them for a couple weeks and save them for planting in next year's garden, or see the recipe for roasting them.

Trim off the stem and the blossom end. Slice the pumpkin lengthwise into pieces about 2" wide. Steam them by microwaving in a large bowl just until beginning to be translucent, or by cooking in a small amount of water in a large covered pan. Doing this makes the pumpkin dehydrate in about half the time and have a mellower, sweeter flavor. Let cool enough to handle, then cut them about 1/4- 3/8" thick crosswise.

Lay the thin pieces in a single layer on a dehydrator tray, or on a window screen laid down in a hot car, or on a cookie sheet with the oven on lowest setting... whatever you have. When crispy-dry, put the pieces in a blender and puree until powdered. Store in an airtight container. I use canning jars for this.

Last time I measured, a 5-lb pumpkin dehydrated down to just under 7 ounces, which measured 1 1/2 cups. It's a great space saver! It takes just 3 Tbsp of this powder to equal 1 cup of puree, after adding

water.

You can use pumpkin powder in any recipe that calls for pumpkin puree. I've made pumpkin pie with the powder, and it turns out great. Just remember: **1/3 cup pumpkin powder plus enough water to give you one cup** is all it takes to make a cup of pumpkin puree. Most recipes won't require rehydrating the pumpkin first, either. Just mix everything together, and the powder will rehydrate while it cooks.

To can (bottle) pumpkin: (or any other winter squash)

You will need 2-1/4 lbs of pumpkin for each quart.

Rinse pumpkin and cut into halves or large pieces; scrape out all seeds and fibrous material. Peel if you like (not necessary for pumpkin). Cut into 1" cubes. Cover with boiling water in a large pot; bring to a boil and boil for just 2 minutes. **Do not mash or puree.** Fill prepared, hot jars with hot squash cubes. Cover with hot water, leaving 1" headspace. Process at 10 lbs. pressure (consult a chart for pressure needed if you're at high elevation), 55 minutes for pints, 90 minutes for quarts.

To use bottled pumpkin, drain off most of the liquid before pureeing in the blender. (You can save the liquid for making bread, or use along with the proper amount of milk powder to substitute for milk in your pumpkin recipes.)

Why not process with a steam canner or hot water canner? From the 'Uncle Phaedrus' website:

Every state extension service in the country warns against canning pureed pumpkin. This is based on actual testing. See: [UGA](#)

In order to inhibit the growth of the microorganisms that cause botulism food poisoning, canned foods must have a pH level lower than 4.6 (< 4.6). Pumpkin has a natural pH level greater than 6, and it varies greatly from pumpkin to pumpkin. Pureeing releases the water and juices from the pumpkin flesh and raises the pH level. Testing of some home and commercially made canned pumpkin butters, with a ton of sugar added, showed some of them still had a pH level of greater than 5! Testing also showed that, even using the same recipe (with added sugar or vinegar or lemon juice), the acidity of different batches of pureed pumpkin varied considerably and no one recipe could consistently produce safe canned pumpkin puree.

Why is the acidity important no matter how long you have cooked or processed the pumpkin? It's because cooking and processing kills active bacteria in the food, but not the spores of the botulism bacteria. Some bacteria can survive for long periods of time and survive extremes in temperature by creating a shell around themselves and becoming dormant. These are called "spores". Botulinum spores can survive cooking and processing, but they cannot become active again in an acidic environment with a pH of < 4.6. That's why pH is important.

Processing also removes the air in the jars, but botulinum bacteria do not require air to live and grow. They are "anaerobic".

As that article says, it's okay to can **cubed** pumpkin. Since it's not pureed, it has a lower pH level. Why not do that?

I suppose that it would be possible to purchase a pH meter and test the ph of each batch of pureed pumpkin before you can it, but reliable pH meters are not cheap, and would require some training to be able to use properly. Plus, the meter would need to be checked regularly with test solutions to make sure it was reading properly.

Wouldn't it be painful to have a big batch all ready and then find that you had to throw it out because the pH was too high? The temptation to can it anyway would be too great, I think.

Please don't risk it. ---Phaed

While you're in the kitchen, try:

Aspirin Cake

2 cups flour

1 tsp. salt

2 aspirin

½ tsp. baking powder

1 egg

Preheat oven to 375, turn down television, remove toys from counter top. Measure flour, get baking powder, remove child's hands from flour. Put baking powder and salt into sifter, vacuum mixture off the kitchen floor (the kids just spilled it). Get the egg, answer telephone, separate egg and warm baby's bottle. Help daughter figure out a new math problem (the old reliable way). Grease pan; someone is at the door. Take 1/4 inch of salt from greased pan and look for middle child. Put mess in the trash can and dishes in the dishwasher, call the baker and take the 2 aspirin.

Pumpkin seeds nutrition : <http://nutritiondata.self.com/facts/nut-and-seed-products/3067/2>

Calories	140	
Fats	11.8 g	
Total carbohydrate	3.8 g	
Dietary Fiber	1.1 g	
Sugars	0.3 g	
Protein	9.2 g	
Vitamin A	105 IU	2%
Vitamin C	0.5 mg	1%
Vitamin K	13.2 mcg	17%
Thiamin	0.1 mg	4%
Riboflavin	0.1 mg	5%
Niacin	0.5 mg	2%
Folate	16.0 mcg	4%
Choline	17.6 mg	
Calcium	12.0 mg	1%
Iron	4.2 mg	23%
Magnesium	150 mg	37%
Phosphorus	328 mg	33%

Potassium	226 mg	6%
Zinc	2.1 mg	14%
Copper	0.4 mg	19%
Manganese	0.8 mg	42%

Pumpkin nutrition :<http://nutritiondata.self.com/facts/vegetables-and-vegetable-products/2601/2>
<http://nutrican.fshn.uiuc.edu/tables/Pumpkin.html>

Vitamin A	12231 IU	245%
Beta Carotene	5135 mcg	
Lutein+ Zeaxanthin	2484 mcg	
Vitamin C	11.5 mg	19%
Vitamin E	2.0 mg	10%
Vitamin K	2.0 mcg	2%
Thiamin	0.1 mg	5%
Riboflavin	0.2 mg	11%

Minerals

Calcium	36.7 mg	4%
Iron	1.4 mg	8%
Magnesium	22.0 mg	6%
Phosphorus	73.5 mg	7%
Sodium	2.5 mg	0%
Zinc	0.6 mg	4%
Copper	0.2 mg	11%
Manganese	0.2 mg	11%