



Cooking with Pumpkins



with Annette Reeder



Pumpkin Pudding

Makes 4 cups

Serves 6

Ingredients:

1/2 cup sucanat, honey crystals or sucanat natural	1 tablespoon molasses
3 tablespoons cornstarch – non-GMO; tapioca flour can be used	1/2 teaspoon salt
1 1/2 cups half-and-half or almond milk	1/2 cup boiling water
3 large egg yolks	1/2 cup pumpkin puree
	1/2 cup heavy cream or vanilla flavored yogurt

Directions

Preheat oven to 400 degrees.

Combine sucanat and cornstarch in a large heat-proof bowl set over a pan of simmering water. Add half-and-half, egg yolks, molasses, and salt; cook, whisking constantly, until mixture starts to thicken. Add the water in a slow stream, whisking constantly. Stir in pumpkin puree; cook until very thick, about 2 minutes.

Remove from heat; let cool slightly.

When ready to serve, whip cream to soft peaks. Serve pudding in baked pumpkins topped with whipped cream and garnished with puff pastry leaves, if desired. Or top with vanilla flavored yogurt.

Pumpkin Pie Spice – Recipes

Buying specialized spices can be pricey and sometimes a waste of money if you don't make pies very often. The more economical alternative is to make your own combinations with common spices you already have on hand.

Here are 5 different variations of how to make your own pumpkin pie spice.

- Mix 1/4 cup of cinnamon with 4 tsp. of ground ginger and 2 tsp. of nutmeg
- Mix 1/4 cup cinnamon with 1 Tbsp. each of ground ginger, nutmeg, and ground cloves
- Mix 1/4 cup cinnamon with 2 Tbsp. of ground ginger and 1 Tbsp. each of nutmeg and ground cloves
- Mix 2 Tbsp. each of cinnamon and ground ginger with 1 Tbsp. ground nutmeg and 1 tsp. ground allspice
- Mix 1 tablespoon each of cinnamon and ground ginger with 1 teaspoons ground nutmeg and 1/4 teaspoon cloves

Mix in a clean spice jar and label. Then measure for each recipe.

Allspice

Comes from the pea-size berry of the evergreen pimiento tree, mostly grown in Jamaica. Can be purchased whole or ground. The spice is so named because it tastes like a combination of cinnamon, nutmeg and cloves. Store in a cool, dark place for no more than 6 months. Allspice is used in sweet and savory cooking.

If you don't want to invest in allspice, substitute cinnamon, nutmeg and ground cloves in its place. Mix the three spices in equal amounts and store in spice jar.

Pumpkin Apple Streusel Muffins

"Muffins that combine the wonderful texture of apples with the warm taste of pumpkin. A simple streusel topping gives them a little something extra." (Altered from *Allrecipes.com*)

Ingredients:

2 ½ cups flour – pastry whole wheat
2 cups sucanat
1 teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon nutmeg
1/8 teaspoon cloves
½ teaspoon salt
2 eggs, lightly beaten
1 cup pumpkin puree

½ cup organic oil
2 cups peeled, cored and chopped apples
~~~~~

### Topping options:

\*2 tablespoons flour – whole wheat  
¼ cup sucanat  
½ teaspoon cinnamon  
4 teaspoons butter, softened  
\*Or granola

### Directions:

1. Preheat oven to 350 degrees. Lightly grease 18 muffin cups or use paper liners.
2. In a large bowl, sift together 2 ½ cups pastry flour, 2 cups sucanat, 2 ½ cups whole wheat flour, spices, baking soda and salt.
3. In a separate bowl, mix together eggs, pumpkin and oil.
4. Add pumpkin mixture to the flour mixture; stirring just to moisten. Fold in apples.
5. Spoon batter into prepared muffin cups.
6. In a small bowl, mix together 2 tablespoon flour, ¼ cup sucanat and ½ teaspoon cinnamon. Cut in butter until mixture resembles coarse crumbs. Sprinkle topping evenly over muffin batter.
7. Or – top with your favorite granola either as is or chopped fine in a blender.
8. Bake in preheated oven for 35 to 40 minutes, or until a toothpick inserted into a muffin comes out clean.

## Pumpkin Pancakes

Recipe by Chef John – *Allrecipes.com*;

Altered for nutrition improvement by Annette Reeder



"This basic pancake recipe turns into a delicious holiday breakfast simply by adding pumpkin and some fall spices!"

### Ingredients:

|                                                |                                                      |
|------------------------------------------------|------------------------------------------------------|
| 2 cups whole wheat flour, kamut or spelt flour | 1 egg                                                |
| 1/3 cup sucanat                                | 1 ½ cup milk – almond, oatmeal, soy or your favorite |
| 2 teaspoons baking powder                      | 2 tablespoons organic oil; olive or organic canola   |
| 1 teaspoon baking soda                         | 2 tablespoons lemon juice                            |
| ½ teaspoon salt                                | 1 teaspoon lemon zest                                |
| 1 cup pumpkin puree                            |                                                      |
| 1 teaspoon cinnamon                            |                                                      |
| ½ teaspoon allspice                            |                                                      |

### Directions:

1. Combine flour, sucanat, baking powder, baking soda, and salt in a large mixing bowl, and whisk together for two minutes to aerate.
2. In a separate bowl, combine pumpkin puree, cinnamon, ginger, allspice, egg, milk, 2 tablespoons of oil, lemon juice and lemon zest. Mix in the flour mixture and stir just until moistened. Do not over mix.
3. Coat griddle with 1 teaspoon oil over medium heat.
4. Pour batter into skillet ¼ cup at a time, and cook the pancakes until golden brown, about 3 minutes per side.



## Pumpkin Hummus

Recipe from *Old Farmer's Almanac*, 2012; altered for nutrition improvement by Annette Reeder

Makes 2 ½ cups

### Ingredients:

|                                             |                                                        |
|---------------------------------------------|--------------------------------------------------------|
| 4 garlic cloves                             | 3 teaspoon cumin                                       |
| 1 ¾ cup pumpkin puree                       | 1 teaspoon salt or to taste                            |
| ¼ cup fresh cilantro or 1 tablespoons dried | ½ teaspoon chili powder                                |
| ¼ cup lime juice                            | ½ teaspoon chipotle pepper (ground or flakes) optional |
| ¼ cup sunflower seed butter                 | Toasted pumpkin seeds for garnish                      |
| 2 tablespoons oil: olive or your favorite   |                                                        |

1. Put the garlic cloves into a food processor and pulse to chop fine. Add the pumpkin, cilantro, lime juice, butter, pumpkin, oil, cumin, salt, chili powder, and pepper. Blend until smooth.
2. Transfer to a bowl, cover and refrigerate for at least 8 hours.
3. Garnish with pumpkin seeds and drizzle with additional oil before serving.
4. Serve with vegetables, crackers or chips (non-GMO).



## Pumpkin Soup

[Healthy Treasures Cookbook](#)

3 tablespoons butter  
¼ cup green pepper – chopped  
1 small onion – finely chopped  
1 ½ tablespoons whole wheat flour  
1 teaspoon salt  
2 cups chicken broth

2 cups milk – your favorite variety – I use almond milk  
¼ teaspoon nutmeg  
3 cups pumpkin puree  
1/8 teaspoon thyme  
1 teaspoon fresh parsley  
½ teaspoon ginger

1. Melt the butter in a large pot. Add green pepper and onion to butter. Sauté until vegetables are tender.
2. Blend in flour and salt.
3. Add remaining ingredients and cook on medium heat, stirring constantly, until slightly thickened.
4. Serve hot.
5. Be creative; serve in a large pumpkin as your soup kettle after removing the stem; seeds and stringy mess in the middle. Be careful to not puncture a hole in the sides or your soup will be sneaking through the hole onto your table.

## Pumpkin Puree

Pumpkin puree can be made in your own kitchen; no longer the need to buy canned pumpkin. The fresh taste will delight your senses. Find a pie pumpkin since it is typically sweeter and a finer texture than the Jack-O-Lantern variety.

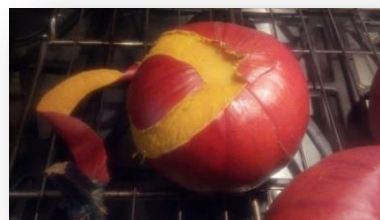
Tips ~ 3 pounds of pumpkin typically yield 3 cups pumpkin puree.  
~ Fresh pumpkin puree will keep refrigerated for up to 5 days; frozen up to 6 months. I must confess mine have been in the freezer for up to a year and I still used them.

### Two different methods for cooking your pumpkin:

1. **Hard way:** Cut the pumpkin in half and remove the seeds and strings. Then cut the pumpkin in large chunks and place on a baking sheet with one inch of water in the pan. Bake at 350 degrees for 45 minutes to one hour. Add more water if necessary to prevent drying out. The pumpkin needs to be fork tender. Remove from oven, allow to cool. When cool to touch remove the outer skins and place pumpkin in blender. Blend until smooth. Freeze in 2 cups containers or freezer bags lying flat. This method will require straining the puree before using in a recipe since water will be absorbed into the puree.
2. **Super easy!** Place the *whole* pumpkin, uncut on a foil-lined baking sheet. Bake at 350 degrees for 90 minutes or until tender. Remove from oven, and cool.



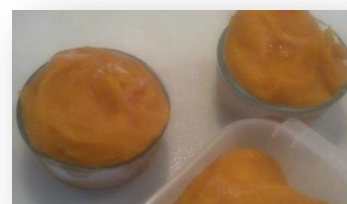
Next peel the pumpkin. You should be able to remove the peel with little effort. Clean the pumpkin by removing the seeds and stringy pulp with a large spoon. Then process the flesh in a food processor, [Bosch mixer](#) bowl with whips or [RPM blender](#) until smooth.



Freezing the Pumpkin: Measure pumpkin in 1 or 2 cups and put in zip lock bags, small glass bowls or plastic bowls. If using zip-lock freezer bags lay the bags flat in the freezer – don't just throw them in or you will have to defrost the freezer to get them out of the metal shelving. Lay them flat and it saves space and makes it easy to remove one at a time.



When using a small glass bowl put them in the freezer to flash freeze – freeze till firm. Then let them warm slightly- only enough to remove from bowl and then pop them out of the bowl and put several together in a large freezer bag.



## Raw Cubed Pumpkin

1. Cut straight down to one side of stem with a large, heavy knife.
2. Clean out pumpkin halves, spooning out the seeds and stringy pulp.
3. Place pumpkin half, cut side down, on a cutting board. Using a downward motion with the knife, remove the peel in small sections.
4. Cut peeled pumpkin into wedges, and then hold wedges firmly while cutting into cubes.
5. Use in your favorite recipe.

## Pumpkin Chocolate Cake

A warm fall twist to a favorite cake.

¼ coconut oil - melted

1 cup fresh milled pastry flour

1/3 cup organic dark cocoa

1 teaspoon cinnamon

½ teaspoon ginger

¼ teaspoon allspice

¼ teaspoon nutmeg

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

¾ cup sucanat or honey crystals

2 eggs

1 ½ cups pureed pumpkin

1 teaspoon vanilla

Preheat oven to 350°F. Grease 8 inch square baking pan with oil.

In large bowl, whisk together flour, cocoa powder, spices, baking powder and soda and salt. In a separate bowl stir together oil, sucanat, eggs, pumpkin and vanilla. Combine flour mixture and liquid ingredients until well mixed. Pour batter into prepared pan.

Bake 40-50 minutes until cake pulls away from the sides of the pan and a toothpick inserted in the center comes out clean.

Too good for topping or icing. Enjoy as is!