

Pump Up the Curriculum with Pumpkins

Cooking with Pumpkins

Housekeeping-Place fake pumpkins, pumpkin pies, etc; in the housekeeping section. Include a pumpkin pictorial recipe chart, so that the children can pretend to make pies, desserts, etc; Place leaves in the housekeeping section and add child size plastic rakes, encourage the children to rake the leaves into a pile and place in a small paper bag and then start all over again!!

Shhhh...Don't Tell the Kids That Pumpkins are Nutritious!

Many pumpkin recipes are sky high in cholesterol. The reason for this is the recipe calls for several eggs. Try substituting with a cholesterol free substitute or reduce the number or size of eggs you use.

We also suggest that those on low salt diets look to use reduced salt or use less of this ingredient.

As for pumpkins themselves, they are just plain good for you. They are low in fat, low in calories, loaded with vitamins and just plain good.

Here's some stats on what's in one cup of pumpkin puree:

- Calories: 80
- Carbohydrates: 19 gram
- Cholesterol: 0
- Fat: less than 1 gram
- Potassium: 588 milligrams
- Protein: 2.4 grams
- Vitamin A: 310% of RDA
- Vitamin C: 20% of RDA

Orange Snacks

Ages: 2 to 6

The fall is a great time for children to learn about the color orange. Let your child help you plan an all orange snack or lunch, with such foods as carrot sticks, cheese slices, orange wedges, cheese crackers, orangeade, etc.

Pumpkin Cooler

Recipe by: Dan Anthon

Serving Size: 1

Time to Prepare: 5 minutes

Amount	Measure	Ingredient / Action
1	scoop	vanilla ice cream or frozen yogurt
1/2	cup	milk
1 1/2	Tb	cooked pumpkin, canned or fresh-grown
1/2	tsp	cinnamon, powdered

Each child can mix the vanilla ice cream or frozen yogurt with the cooked pumpkin, milk, and cinnamon in a glass with a long teaspoon until well blended and semi-liquid.

Makes orange-colored moustaches on smiling upper lips!

NOTE: For a fun variation try using mashed sweet potatoes (canned or baked) instead of the pumpkin.

Owl snack-On a small paper plate let each child place these items. Model the language for the students to create this owl face. Place a round piece of bologna onto the plate for the head. Then place a triangle quarter of cheese onto the top of the bologna slice to create "ears" and the pointy end to create the beak. Then place two ritz crackers for the eyes. If desired, add a slice of olive onto each cracker for the pupil, although most children will not eat this part.

Frozen pumpkins-Need: oranges, chocolate ice cream. Slice the top part of the orange off, and save both bottom and top pieces.

Then scoop out/carve out the inside of the orange, and discard/save for later. Scoop chocolate ice cream into the orange bowls created. Then place the top back on. Freeze for a day or two. Let the children take off the top of his/her pumpkin to eat their ice cream. Nice ice cream bowls!!!

Scarecrow Faces- I read a book that I made called Scarecrow Colors before doing this activity. Bake cupcakes as directed by a box mix. Let each child frost his/her pumpkin with orange/tan icing. Then let the child add chow mein noodles for the hair, m&ms for the eyes, candy corn for the nose, and use decorator gel to draw a crooked smile. I use boardmaker (wolf4) cards to elicit language for body parts: hat, eyes, hair, nose, face, etc;). We show the card for each part and ask the children where is your nose? and then place candy corn noses on the card and let each child take a nose and place it on his/her scarecrow face.

Haystack Cookies-Need: graham crackers, chow mein noodles, individual Hershey chocolate bar squares. Let each child place a hershey square or two onto a graham cracker. Sprinkle chow mein noodle on top and then top with another graham cracker. Microwave for 5-6 seconds on hot. Eat like smores!!

Pumpkin Pudding-Need: Canned pumpkin, vanilla yogurt, sprinkles. Give each child a paper cup, and let them add canned pumpkin and yogurt. Stir until blending, then let each child sprinkle on orange candy sprinkles. Enjoy!!!
Gelatin Pumpkins-I have pumpkin molds, which I use to make these. Let the children help you prepare the jello. Pour jello in measuring cup, and assist child in pouring orange jello into his/her pumpkin mold. Once cool, pop out and eat for a pumpkin treat!!!

Pumpkin Cookies-I read "Pumpkin, Pumpkin" before doing this activity. Prepare a sugar cookie dough, I use Duncan Hines sugar cookie mix in a bag. Then let the children use pumpkin cookie cutters to cut out a pumpkin cookie. (I have nested set of cutters, we discuss small, medium, big). Bake and let the children sprinkle on orange sugar granules onto the pumpkin and green sugar granules onto the stem area. This is a favorite

as the colored sugar granules, give a certain sensation, similar to glitter!

Roasted pumpkin seeds-Once your children have scooped out your class pumpkin. Save the seeds and wash them. Place seeds onto a buttered pan, and spray with butter spray, and salt. Toast in toaster oven, until crispy.

Pumpkin Faces-Need: cupcakes, orange frosting, green sugar granules, colored m&ms, candy corn, black decorator frosting. I read 5 Little Pumpkins sitting on the gate before doing this activity. I use the boardmaker body part cards again to accompany this activity. I let each child frost his/her pumpkin, add nose, eyes, green sugared hair, and smile.

Pumpkin Bake: Cut a pumpkin in half. Show the children the inside of the pumpkin. Let them help you scoop out the seeds and pulp. Place the pumpkin halves, cut sides down, on a baking sheet. Bake the pumpkin at 350 F for 1 to 1-1/4 hours, or until the flesh is tender. Allow the pumpkin to cool. Let the children taste the cooked pumpkin. The cooked pumpkin can be used to make Pumpkin Smoothies below.

Pumpkin Smoothies

1 cup milk
1 banana, sliced
1 T cooked pumpkin
Dash of cinnamon
Combine all ingredients in a blender. Process until smooth.
Makes 4-6 small servings.
Provide toasted pumpkin seeds for a snack.

Breads

Traditional Pumpkin Bread

3 c. sugar
1 c. oil
3 eggs
2 c. canned pumpkin
1 c. walnuts (optional)
3 c. flour
1/2 tsp. salt
1/2 tsp. baking powder
1 tsp. soda
1 tsp. cloves
1 tsp. cinnamon
1 tsp. nutmeg
Blend oil, sugar and eggs. Stir in pumpkin. Add sifted dry ingredients. Stir in walnuts (optional). Put in greased pan. Bake at 350 degrees for 1 hour and 15 minutes. Allow to cool.

Chocolate Chip Pumpkin Bread

3 cups white sugar
1 (15 ounce) can pumpkin puree
1 cup vegetable oil
2/3 cup water
4 eggs
3 1/2 cups all-purpose flour
1 tablespoon ground cinnamon
1 tablespoon ground nutmeg
2 tablespoons baking soda
1 1/2 teaspoons salt
1 cup miniature semisweet chocolate chips
1/2 cup chopped walnuts (optional)
In large bowl, combine sugar, pumpkin, oil, water, and eggs. Beat until smooth. Blend in flour, spices, soda, and salt. Fold in chocolate chips and nuts. Grease and flour three 1 pound size coffee cans or three 9 x 5 inch loaf pans. Fill cans 1/2 to 3/4 full. Bake at 350 degrees F (175 degrees C) for 1 hour, or until an inserted knife comes out clean. Cool on wire racks before removing from cans or pans. Wrap in cellophane once completely cooled. Makes 3 loaf pans.

Half Moon Bay Pumpkin Bread - Half Moon Bay, CA. Bake-off Winner

Makes 3 loaves

3 c Sugar, granulated

3 1/2 c Flour, all-purpose
1/2 t Salt
2 t Baking soda
1 t Cinnamon
1 t Nutmeg
4 lg. Eggs
1 c Vegetable oil
2 c Pumpkin (cooked)
2/3 c Water
1 1/2 c Walnuts, chopped

Preheat the oven to 350 degrees F. Butter your containers well. Sift the dry ingredients together into a large bowl. Make a well in the center of the dry ingredients, and add the eggs, oil, pumpkin and water. Beat thoroughly. It's easier to get all the lumps out if you use an electric mixer. Stir in the walnuts with a wooden spoon.

Pour the batter into the containers, filling each only half to two-thirds full. Bake for 60-90 minutes, depending on the sizes of your containers. If you're using a very small container, start checking much sooner. The bread is done when a toothpick in the middle comes out clean. Cool about ten minutes, then loosen the edges of the bread with a knife, and turn out of the pans to cool the rest of the way on a rack. For baking containers, you can use a loaf pan, metal cans, or whatever. If you use 1-pound coffee cans, it takes three of them. For tiny loaves, use soup cans or mini loaf pans.

Biscuits & Muffins

Delicious Pumpkin Biscuits

1 1/2 cups flour
3 teaspoons baking powder
1 teaspoon salt
1/4 cup sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon allspice
1/3 cup butter, cold
3/4 cup pureed pumpkin (cooked or canned)
3/4 cup milk
Sift flour into mixing bowl. Stir in remaining dry ingredients. Cut in butter with a pastry blender until mixture is crumbly. Stir in pumpkin and milk to form a soft dough. Roll out on floured surface to 1/2-inch thickness. Cut out biscuits with biscuit cutter. Place on greased baking sheet. Bake at 450 degrees for 15 to 20 minutes. Makes 24 to 30 biscuits, depending on dough texture and cutter size.

Pumpkin Muffins

3-1/2 cups flour
1/2 teaspoon salt
1 teaspoon baking soda
1 teaspoon baking powder
2 teaspoons cinnamon
1 teaspoon vanilla
4 large eggs
1-1/2 cups sugar
1 cup oil
2 cups pumpkin
1 cup raisins
Preheat oven to 350 degrees, butter 3-inch muffin pan generously. In a small bowl, combine pumpkin, vanilla, eggs, oil and sugar. Sift flour, baking powder, soda, cinnamon and salt. Combine wet and dry ingredients, beat until smooth. Add raisins. Pour batter into greased muffin pan, filling each cup 2/3 full. Bake for 30 minutes until lightly browned.

Pumpkin Corn Muffins

(Makes 12 muffins)
1 1/4 cups all-purpose flour
1 cup Yellow Corn Meal
1/3 cup granulated sugar
4 teaspoons baking powder
1/2 teaspoon salt

2 large eggs
 1 1/4 cups Pure Pumpkin
 1/3 cup milk
 1/4 cup vegetable oil
 PREHEAT oven to 375°F. Grease or paper-line 12 muffin cups.
 COMBINE flour, cornmeal, sugar, baking powder and salt in large bowl. Beat eggs, pumpkin, milk and vegetable oil in medium bowl until combined. Add to flour mixture; mix thoroughly. Spoon batter into prepared muffin cups. BAKE for 25 to 30 minutes or until wooden pick inserted in center comes out clean. Serve warm.

Spreads

Pumpkin Butter

1 can (15 oz.) pure pumpkin
 1 medium apple, peeled and grated
 1 cup apple juice
 1/2 cup packed brown sugar
 3/4 teaspoon pumpkin pie spice
 Combine pumpkin, apple, apple juice, sugar and pumpkin pie spice in medium, heavy-duty saucepan. Bring to a boil; reduce heat to low. Cook, stirring occasionally, for 1 1/2 hours. Serve with buttermilk biscuits, breads, corn muffins or hot cereal. Store in airtight container in refrigerator for up to 2 months.

Pumpkin Dip

2 packages of cream cheese (softened)
 1 cup powdered sugar
 1 can pumpkin
 1/2 to 1 teaspoon ginger
 1 teaspoon cinnamon
 Mix cream cheese and powdered sugar together in mixer. Add pumpkin and spices and blend well. Use ginger snaps to dip.

Pumpkin Jam

1 each Medium Pumpkin
 4 LB Sugar
 4 each Lemons
 4 each Oranges
 Cut up and dice 1 medium pumpkin For 2 bowls of pumpkin use 1 bowl of sugar. Cut up 4 lemons and 4 oranges. Combine pumpkin, lemon and orange and cover with the sugar. Let stand over night. Next day, mix well and cook until pumpkin is clear. Pack in sterile jars and seal immediately.

From Scratch Pumpkin Cake

4 eggs
 2 c pumpkin -- cooked
 2 c flour
 2 c sugar
 1 c vegetable oil
 2 tsp. cinnamon
 2 tsp. baking soda
 1/2 tsp. salt
 Combine eggs, sugar, vegetable oil. Then add flour, cinnamon, baking soda, salt and pumpkin. Bake in tube (bunt) pan at 350°F for 1 hour 30 minutes.
 Allow to cool. Serve with a dab of whipped cream or frost with a cream cheese frosting. It also tastes just a s good plain.

Pumpkin Bars

3/4 cup flour
 3/4 teaspoon salt
 1/2 teaspoon baking soda
 1/2 teaspoon nutmeg
 1/2 teaspoon cinnamon
 2 eggs
 1 cup brown sugar
 2/3 cup canned pumpkin
 1/4 cup cooking oil
 1/2 cup nuts
 Mix dry ingredients. Beat eggs, add sugar, then oil; add dry ingredients with pumpkin and nuts. Pour in 9x9x2-inch greased baking pan. Bake at 350°F for 30 minutes. Cool 5 minutes. Remove from pan and frost, if desired.

Pumpkin Pecan Pie Bars

1/2 c Butter or margarine; softened
 1 c Brown sugar; firmly packed
 1 1/2 c Flour; unsifted
 1 c Oats
 1 Ts Baking powder
 1 Ts Salt 16 oz Pumpkin
 1 can Sweetened condensed milk
 2 Eggs; beaten
 2 Ts Pumpkin pie spice
 1 1/2 Ts Vanilla extract
 1 c Pecans; chopped
 Confectioners' sugar (optional for dusting)
 Preheat oven to 350°F. In large mixer bowl, beat margarine and brown sugar until fluffy; add flour, oats, baking powder and 1/2 teaspoon salt. Mix until crumbly. Reserving 1/2 cup flour mixture, press remainder on bottom of 15x10" jellyroll pan. Bake 20 minutes. Meanwhile in medium bowl, combine pumpkin, sweetened condensed milk, eggs, pumpkin pie spice, vanilla and remaining 1/2 teaspoon salt. Spread over baked crust. In small bowl, combine reserved 1/2 cup flour mixture with pecans; sprinkle over pumpkin mixture. Bake 30-35 minutes or until set. Cool. Cut into bars. Sprinkle with confectioners' sugar if desired. Store covered in refrigerator.

Pumpkin Bars with Cream Cheese Frosting

4 eggs
 1 c. vegetable oil
 2 c. sugar
 1 can (15 oz.) pumpkin
 2 c. all-purpose flour
 2 tsp. baking soda
 1 tsp. baking powder
 1/2 tsp. salt
 2 tsp. cinnamon*
 1/2 tsp. ginger*
 1/2 tsp. ground cloves*
 1/2 tsp. nutmeg*
 4-ounces cream cheese, softened
 3 Tbsp. butter, softened
 1 tsp. vanilla
 2-1/4 cups powdered sugar
 Preheat oven to 350 degrees F. Combine first four ingredients in a large bowl. Using a wire whisk, mix together flour, baking powder, baking soda, salt, and spices; add to pumpkin mixture and mix well. Pour into greased and floured jelly roll pan. Bake for 20 to 25 minutes. Cool. Beat together the cream cheese, butter, and vanilla extract, gradually add powdered sugar. Frost cooled cake. Cut into bars.
 * May substitute all these ingredients with 1 tablespoon and 1/2 teaspoon pumpkin pie spice.

Pumpkin Roll Recipe

3 eggs
 1 cup sugar
 2/3 cups pumpkin
 2/3 cups flour
 1 teaspoon soda
 1 teaspoon pumpkin pie spice
 1 cup powdered sugar
 8 oz. cream cheese
 4 tablespoons butter
 1 teaspoon vanilla
 Preheat oven to 350 degrees. Mix flour, soda and pumpkin pie spice and set aside. Blend eggs, sugar and pumpkin. Add flour mixture and mix well. Spread onto a well-greased jelly roll pan allowing mixture to taper at one end (helps with the rolling once cooked.) Bake for 10-15 minutes.
 Mix remaining ingredients and set aside in refrigerator. Once pumpkin cake is cooled, turn out on a cheese cloth lightly dusted with powdered sugar, roll loosely and let cool (this will help form the roll). Once cooled to room temperature, mix cream cheese mixture to soften. Unroll pumpkin cake and spread cream cheese mixture leaving a 1/4" border (the cream cheese will spread and may ooze out the sides once you start to roll.

This will save some filling.) Roll pumpkin starting from the tapered end. Powder outside of roll before wrapping in wax paper or foil so not to stick to wrapping and chill for at least 1 hour. When ready to serve slice 1/4" thick and garnish with powdered sugar and cinnamon.

Pumpkin Patch Brownies

8 Mini Pumpkin Pans
Orange Icing or Orange Icing Tint
A #2 Cake Decorating Tip
Disposable Decorating Bags
1/2 cup butter softened
1 cup sugar
2 eggs
1-1/4 cups all purpose flour
1/4 cup unsweetened cocoa
1/4 teaspoon baking soda
3/4 cup chocolate syrup
1 teaspoon vanilla
1/2 cup chopped walnuts
Butter cream Icing
Chocolate cookie crumbs
Candy worms

Preheat oven to 350°F. Cream butter, sugar and eggs in large mixing bowl until light and fluffy. Combine flour, cocoa and baking soda; add alternately with syrup to creamed mixture. Add vanilla. Stir in chopped walnuts. Spray Mini Pumpkin pans with vegetable oil spray. Pour batter into prepared pans. Bake for 30 minutes.

Let cool and remove from pans. Using tinted orange butter cream, pipe facial features. Make a bed of "dirt," using fine chocolate cookie crumbs. Add candy worms. Makes 8 mini brownies.

Stew In A Pumpkin Shell

1 large pumpkin
Melted butter
Sugar
2 large onions, chopped
4 large garlic cloves, chopped
Olive oil
3 pounds chuck steak, cubed
1 pound tomatoes, peeled and chopped
1 tablespoon tomato paste
3 1/2 pints beef stock
2 pounds sweet potatoes, peeled and cubed
2 pounds white potatoes, peeled and cubed
2 pounds raw pumpkin, cut in chunks
2 cans sweet corn
12 canned yellow peach halves, sliced
Syrup from canned peaches
Bouquet garni
1 heaping teaspoon dried oregano
Salt and pepper

To prepare the pumpkin, cut the top to form a lid, angle cutting so the lid will sit on and not fall in. Leave the stem for a handle. Remove the "guts", the fibers and seeds and discard. Scoop away most of the solid flesh, leaving a sturdy wall of pumpkin, being careful not to cut through it. Measure out 2 pounds of the pumpkin flesh for the stew.

Brush the inside of the cleaned pumpkin with melted butter and sprinkle lightly with sugar. Replace the lid and set the pumpkin aside on a baking sheet. Cook the onion and garlic in a little oil until soft but not browned. Transfer to a large saucepan. Brown the beef in the oil and add it to the onion mixture in the saucepan. Add the tomatoes, tomato paste, half the stock, the bouquet garni, a little salt and plenty of pepper to the meat and onions. Cover and simmer until the meat is almost cooked. This should take about 1 hour.

At this time, put the pumpkin shell in the oven at 375 degrees. Leave it for 30 minutes, or longer if the walls are thick. But be careful not to collapse the walls. You can use a large casserole as a support for the walls.

Add the sweet potato, potato and pumpkin to the saucepan and cover with more stock. Return to a boil and simmer for 20 to 30 minutes, or until the meat is tender, the potatoes are cooked, and the liquid is thickened with the dissolved pumpkin. Stir in the sweet corn and peaches and simmer for another 15 minutes. Taste, correcting the seasoning and adding a little of the peach syrup. Remove the bouquet garni and discard. Ladle the stew into the pumpkin and put back into the oven for 10 to 15 minutes and serve. Makes 6 to 8 servings.

Vegetable and Rice Stuffed Pumpkin - (Vegetarian)

1 Pumpkin (14 or 15 inches in Diameter) or 2 smaller ones
4 TB Sugar
2 TB Tamari sauce
1 c Water
1/2 LB Fresh shelled chestnuts
1/4 c raisins
1/4 c apricots, Chopped
1 Granny Smith apple, chopped or any tart apple
1/2 c Walnuts, broken but not too Small
1 Stalk celery, chopped
1 medium White onion, chopped
1 medium Red onion, chopped
1 can Corn, drained
1 medium Sweet green pepper, chopped
1 medium Sweet red pepper, chopped
1 medium Zucchini squash, chopped
1 medium Yellow squash, chopped
2 medium Fresh jalapeno peppers, Seeded and minced
2 c Cooked brown basmati rice
1/4 Ts Mace
1/4 Ts Tumeric
Black pepper
1/2 Ts Cinnamon
4 TB Tamari sauce

1. Preheat oven to 350°F. Wash pumpkin and cut off the top, angle the cut so that the top will fit back on more easily, use a big spoon to scoop out strings and seeds. Mix sugar and 2 tbs. tamari sauce (you can warm them in the microwave so they will mix more easily) and spread evenly over insides of pumpkin. Line the bottom of a large pan with single piece of aluminum foil folded over itself 3 or 4 times, pour 1 cup water in pan, place top back on pumpkin and place in baking pan, cover the pumpkin and the pan with foil. Bake for 20 to 25 minutes until pumpkin is just starting to become tender, the thicker the pumpkin the longer it will take.

2. Steam the nuts for about 15 minutes. Rinse them in cool water and slip off the brown skins. Chop chestnuts coarsely.

3. Combine chestnuts with raisins, apricots, apple, walnuts, celery, white and red onions, corn, green and red pepper, jalapeno peppers, mace, tumeric and rice, mix well. Add the 4 tbs. tamari and mix again.

4. Dust the inside of the pumpkin with the cinnamon. Pack the pumpkin with the filling and replace the pumpkin top. Return pan to oven, add water to cover the bottom of the pan and bake for 45 to 55 minutes.

5. If you are going to serve the pumpkin on something other than the pan it was cooked in BE CAREFUL. The bottom of the pumpkin may be VERY soft. Wrap the foil from the bottom of the pan up around the pumpkin as you pick it up, this will keep the bottom intact.

When serving this recipe, scrap the inside of the pumpkin with the serving spoon and mix the pumpkin into the stuffing. If you have leftovers do not leave it in the pumpkin. Remove the filling and scrape out the pumpkin and store in your refrigerator.

Pumpkin Dumplings

1/2 cup canned solid pack pumpkin
1 large egg

1/2 teaspoon salt
1/8 teaspoon grated nutmeg
1/8 teaspoon (generous) baking powder
1/2 cup all purpose flour
3 tablespoons butter

1/2 cup grated Parmesan cheese
Bring large pot of salted water to boil. Whisk pumpkin, egg, salt, nutmeg and baking powder in large bowl to blend. Mix in flour (dough will be soft). Dip 1/2-teaspoon measuring spoon into boiling water to moisten. Scoop up generous 1/2 teaspoon of dough and return spoon to water, allowing dough to drop. Working in 2 batches, repeat dropping 1/2 teaspoonfuls of dough into water, first dipping spoon into water to moisten each time. Boil dumpling until cooked through, about 10 minutes. Using slotted spoon, transfer to colander and drain. Melt butter in heavy large skillet over medium heat. Add dumplings. Sauté until beginning to brown, about 8 minutes. Transfer dumplings to bowl. Sprinkle with cheese and serve. Makes 4 Side-Dish Servings.

Pumpkin and Potatoes

Pumpkin (Red Hubbard Squash Preferred)
White Eastern Potatoes Bacon
Cut up a pumpkin into manageable pieces. Remove skin off of the pumpkin with a potato peeler. Run pumpkin slices over a grater to shred the pumpkin. Shred enough to fill half of a 9" x 13" pan. Pile the shredded pumpkin higher than the sides of the pan as it will shrink as it cooks. Mix 1 1/2 to 1 cup of granulated sugar into the pumpkin to suite your taste. Peel and slice enough white potatoes to fill the other half of the pan. Add salt to the potatoes and mix thoroughly. Place pan in oven at 350 degrees for 1-1 1/2 to 2 hours. During the first 1 1/2 hour, stir the potatoes. Also stir the pumpkin. After 1 1/2 hour, cover the top of the entire pan with slices of bacon. Turn bacon over halfway through the baking process. Enjoy a great one pan meal. I personally like to use Hubbard Squash (red in color pumpkins). They are a sweeter pumpkin for use in cooking and especially for pumpkin pie.

Pumpkin Raviolis

Pumpkin Filling:

2/3 c. canned pumpkin
1/2 c. fresh grated
or shredded Parmesan cheese
(preferably parmigiano-reggiano)
2 Tbsp. dry bread crumbs
3 Tbsp. ground amaretti cookies or almond biscotti
3 Tbsp. butter, melted
Dash nutmeg
Dash salt

For sauce:

1/4 c. butter, melted with dash fresh chopped sage, poured over hot pasta, or to above melted butter and sage, stir in 1/2 C cream and heat to hot but not boiling, pour over hot pasta. Make ravioli dough and press or buy pre-made. Combine all filling ingredients. Use to fill ravioli dough by putting 1 tsp. of filling onto one square of dough; moisten edges (use egg wash or egg beaten with a little water), then top with another square of dough, pressing edges to seal. Repeat with remaining dough and filling. Cook in boiling water for 6 - 8 minutes or till pasta is cooked, but firm. Drain ravioli and keep warm while preparing sauce.

Spicy Pumpkin Bisque

1-1/2 teaspoons dried ground small red chilies such as Piquins
1 large onion, chopped
2 cloves garlic, chopped
1 tablespoon butter or margarine
1 16 ounce can pumpkin puree
4 cups chicken stock
1/2 teaspoon freshly ground black pepper
1/4 teaspoon ground allspice
1/2 teaspoon sugar
1 cup half-and-half or light cream

1/4 cup dry sherry
grated nutmeg

Sauté the onion and garlic in the butter until they are soft and transparent. Add the pumpkin, stock, Chile pepper, ground pepper, allspice, sugar, and sherry. Bring to a boil and cover. Simmer the soup for 30 minutes. Place the mixture in a blender and puree until smooth. Return the soup to the pot, add the half-and-half, and simmer until heated. Garnish with the nutmeg and serve.

This soup can be served either hot or cold. Serve it hot with grilled fish and seasoned green beans or cold as a luncheon entree with a crisp salad.

Pumpkin Sauce for Pasta

3 cloves garlic, peeled and crushed
1 onion, peeled and finely chopped
1 tbsp. olive oil
1 LB pumpkin flesh, peeled seeded and diced (use one pumpkin about 1 3/4 LB)
8 fl oz strong vegetable stock
2 tbsp. parsley, or 1 tsp. dried parsley
4 fl oz single cream
1/4 tsp. ground nutmeg
pinch of salt
pinch of ground black pepper
pasta, freshly cooked, to serve
Gently fry the garlic and onion in the oil for 3 or 4 minutes. Do not allow them to burn. Add the pumpkin and vegetable stock and bring to the boil. Cover and simmer over a medium heat for 15 minutes, stirring occasionally, until the pumpkin is tender. Break up the pumpkin by beating it with a wooden spoon, and stir in the parsley, cream, nutmeg and seasoning. Cook for a further minute and add a little of the pasta cooking water if the sauce is too thick. Pour over the pasta and serve immediately. Serves 3

Classic Pie Crust

2 cups all-purpose flour
1 cup shortening
1 teaspoon salt
1/2 cup water
Cut shortening into flour and salt until dough appears crumbly. Add water a little at a time, until it can be gathered into a ball. Roll out dough on a floured counter. Don't over work it. Use as directed in pie recipe. It will be very flaky.

Traditional Pumpkin Pie

1 unbaked deep-dish pie shell
3/4 cup sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
2 eggs
15 ounces pure pumpkin
1 1/2 cups evaporated milk
Combine sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs lightly in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell. Bake in 425 degree oven for 15 minutes. Reduce temperature to 350 and bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack.

Pumpkin Cheesecake #1

Crust:
1/3 cup reduced-calorie margarine, room temp.
2 cups graham-cracker crumbs
Filling:
1 container (24 ounces) nonfat cottage cheese (3 cups)
1 tub (12 ounces) light cream-cheese
1-1/4 cups packed light-brown sugar
2 large egg whites
2 large eggs

1 can (16 ounces) solid-pack pumpkin
 2 tablespoon cornstarch
 2 teaspoon pumpkin-pie spice
 1 teaspoon vanilla extract
 Lightly grease bottom and sides of 9x3-inch springform pan.
Crust:
 Mix margarine and cracker crumbs in a bowl until evenly moistened. Press over bottom and 2 inches up sides of prepared pan.
Filling:
 Heat oven to 325 degrees F. Process cottage cheese and cream cheese product in a food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth. Add brown sugar, process until sugar dissolves. Add eggs and egg whites and process just until blended. Transfer to a large bowl. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.
 Pour into crust. Bake 1 hour and 20 minutes or until top of cake looks set. Shut off oven. Cool completely on wire rack. To store, cover and refrigerate in pan at least 6 hours or up to 4 days.

Pumpkin Cheesecake #2

Crust
 1 1/2 cups graham cracker crumbs
 1/3 cup butter, melted
 1/4 cup sugar
Cheesecake
 3 8-ounce packages cream cheese, softened
 1 cup sugar
 1/4 cup packed light brown sugar
 2 eggs
 15 ounces pure pumpkin
 2/3 cup evaporated milk
 2 tablespoons cornstarch
 1 1/4 teaspoons ground cinnamon
 1/2 teaspoon ground nutmeg
Topping
 2 cups sour cream, at room temperature
 1/3 cup sugar
 1 teaspoon vanilla
For crust
 Combine graham cracker crumbs, butter and sugar in medium bowl. Press into bottom of 9-inch springform pan. Bake in 350 degree oven for 6 to 8 minutes. (Do not allow to brown). Cool on wire rack for 10 minutes.
For cheesecake:
 Beat cream cheese, sugar and brown sugar in large mixer bowl until fluffy. Beat in eggs, pumpkin and evaporated milk. Add cornstarch, cinnamon and nutmeg. Beat well. Pour into crust. Bake at 350 degrees for 60 minutes or until edge is set but center still moves slightly.
For topping:
 Combine sour cream, sugar and vanilla in small bowl; mix well. Spread over surface of warm cheesecake. Bake at 350 degrees for 5 minutes. Cool on wire rack. Chill for several hours or overnight.

Lo-Cal Pumpkin Cheesecake

12 gingersnaps
 2 1/2 cups part skim ricotta cheese
 1 cup canned pumpkin puree
 1/2 cup granulated brown sugar
 2 large eggs
 1/1/2 tsp. vanilla
 1/2 tsp. ground allspice
 1/2 tsp. cinnamon
 1/4 tsp. ginger
 3/4 cup frozen non-dairy whipped topping, thawed
 Place one ginger snap in bottom of cupcake papers. Beat ricotta until smooth. Add remaining ingredients, except topping and mix until well combined. Pour mixture into cups. Bake 20 minutes at 350° until lightly set; turn off heat. Let stand in oven

1 hour. Cool on rack and chill overnight. Serve with 1 tbsp. topping. Makes 12 servings

Pumpkin Patch

Yield: 6 servings
 1 c Pumpkin; canned puree
 1/2 c Brown sugar
 1/4 c Honey
 1 ts Cinnamon
 1/2 ts Nutmeg
 1/2 c Orange juice
 1 qt Frozen vanilla yogurt
 Combine ingredients in blender and whirl until smooth. Pour into carved out pumpkin to serve. Source: Healthy Treats and Super Snacks for Kids

Frozen Pumpkins

12 Navel oranges
 1/2 ga Dark chocolate ice cream
 12 Cinnamon sticks
 Cut off tops of oranges. Gently hollow out pulp (reserve for another use), leaving a thick shell; hollow out pulp off tops also. Cut Jack-O-Lantern faces into each orange. Pack chocolate ice cream into shells, avoid letting ice cream come out of holes. Cut a hole into top of orange top. Set tops back on, over ice cream, and inset cinnamon stick stem through the hole. Place in freezer for at least 3 hours, or until serving time.

Pumpkin Cake

4 Eggs 2 c Sugar
 2 c Cooked pumpkin
 1 c Oil
 3 c All-purpose flour
 1 ts Salt
 2 ts Baking soda
 2 ts Baking powder
 2 ts Cinnamon
 1 c Nuts or raisins
 In the food processor, combine the eggs an sugar until smooth. Add the flour, baking powder, baking soda, salt, cinnamon and raisins or nuts. Stir in the cooked and mashed pumpkin. Turn the batter into two round cake molds, greased and lightly floured. Bake in a preheated oven at 350F for 40 minutes. Unmold and stack the cakes, and ice with an orange - tinted frosting.

PUMPKINS AREN'T JUST FOR JACK-O-LANTERNS AND PIE

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COLLEGE STATION -- It is harvest time and pumpkins are flowing into local supermarkets. Most people relate pumpkins to the savory yet usual pumpkin pie; however, the uses of the winter gourds are unlimited.

"First of all fresh pumpkin can be substituted in recipes that call for winter squash or sweet potatoes," said Dymple Cooksey, Extension nutrition specialist.

Small, immature pumpkins provide the most flavorful dish. Pumpkins smaller in size are more tender and less stringy than the larger variety. Cooksey recommends selecting pumpkins anywhere between five to eight pounds.

"If they're very young and immature it would be the same as eating a stuffed summer squash," said Cooksey. "Very small immature pumpkins can be stuffed with meat, vegetables, or even seafood."

While pumpkins provide an alternative to the usual winter vegetables, they also help fulfill daily nutritional requirements. One serving, a half cup cooked, supplies enough Vitamin A for the day. Since the pumpkin is a vegetable high in water content, a half cup of uncooked unseasoned pumpkin contains only 38 calories.

When selecting a pumpkin, make sure there are no blemishes or decay spots and that there is a bit of the stem left in place. Store the pumpkin in a cool dry place and it will last for the winter.

However, pumpkin is highly perishable and must be cooked the same day it is cut open. Otherwise, orange flesh will develop a feathery black mold. Cooked pumpkin should be chilled immediately, said Cooksey.

During the cooking phase, the pulp will turn a dark brown. The pulp puree should be used within 36 hours.

"If you plan to use the cooked pumpkin later, freeze it or can it in a pressure canner," she said. "The family and consumer sciences county Extension agent in your area can provide information on safe and proper canning procedures."

Pumpkins can be diced into chunks, steamed as a vegetables, spiced with nutmeg to enhance the flavor and served as a side vegetable to any dish. Pumpkins can also be mixed with a variety of fruits and vegetables such as apples, pears and rhubarb. Grains and pumpkins complement one another and work together to create delicious casseroles.

This versatile vegetable can be used in a vast variety of dishes:

Pot pie -- Add pumpkin to hashed meat with apples, pears, rhubarb or other fruits.

Casserole -- Combine with rice and mince green pepper in a thick white cheese sauce.

Soup -- Add pureed carrots, sliced onions and leeks, chopped celery and parsley to pumpkin.

Souffle -- Mix pumpkin with white sauce, eggs and cheese.

Instead of throwing away the seeds, try them as a snack. Wash the seeds well. Spread them in a single layer on cookie sheet to dry. Then, roast them at 375 degrees Fahrenheit for 20 to 30 minutes or until they are dry. Dot with butter and brown for 5 to 10 minutes 400 degrees. Stir often until toasted. Sprinkle with salt, cool and serve.

Pumpkin Purchase and Puree Preparation

Selecting a Pumpkin

The most popular use of pumpkins is for decoration as jack-o-lanterns. When selecting a pumpkin for cooking, the best selection is a "pie pumpkin" or "sweet pumpkin." These are smaller than the large jack-o-lantern pumpkins and the flesh is sweeter and less watery. However, you can substitute the jack-o-lantern variety with fairly good results.

Look for a pumpkin with 1 to 2 inches of stem left. If the stem is cut down too low the pumpkin will decay quickly or may be decaying at the time of purchase. Avoid pumpkins with blemishes and soft spots. It should be heavy, shape is unimportant. A lopsided pumpkin is not necessarily a bad pumpkin. Figure one pound of raw, untrimmed pumpkin for each cup finished pumpkin puree.

Preparing the Pumpkin

Spread newspaper over your work surface. Start by removing the stem with a sharp knife. If you are planning to roast the pumpkin seeds, smash the pumpkin against a hard surface to break it open. If not, cut in half with a sharp knife. In any case, remove the stem and scoop out the seeds and scrape away all of the stringy mass. A messy job, but it will pay off.

Cooking the Pumpkin

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water. The water does not need to cover the pumpkin pieces. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander.

Reserve the liquid to use as a base for soup. Follow the steps outlined below in **Preparing the Puree.**

Oven Method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down on a large cookie sheet. Bake at 350°F for one hour or until fork tender. Then follow the procedure outlined below in

Preparing the Puree.

Microwave Method: Cut pumpkin in half, place cut side down on a microwave safe plate or tray. Microwave on high for 15 minutes, check for doneness. If necessary continue cooking at 1-2 minute intervals until fork tender. Continue as outlined below in **Preparing the Puree.**

Preparing the Puree

When the pumpkin is cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree.

Pumpkin puree freezes well. To freeze, measure cooled puree into one cup portions, place in ridged freezer containers, leaving 1/2-inch headspace or pack into zip closure bags. Label, date and freeze at 0°F for up to one year.

Use this puree in recipes or substitute in the same amount in any recipe calling for solid pack canned pumpkin.