



## **For the Love of Pumpkins!**

**By Laurie Bates**

### **Preparation of Pumpkin Meat**

The secret of a really good pumpkin recipe is in the preparation of the pumpkin. Cook pumpkin flesh very slowly until it has lost most of its moisture and has taken on a rich, golden brown color.

### **Pumpkin Puree**

To make pumpkin for pie filling, cut a pumpkin in half crosswise (small sugar pumpkins are best) and remove the seeds and stringy material. Cover the cut side of each pumpkin half with a piece of aluminum foil. Place the pumpkin half on a baking sheet and bake, foil side up, in a preheated oven (300°) for about 2 hours or until the flesh is very tender when a fork is stuck into it. When the pumpkin is cool enough to handle scoop out the flesh and mash it in a food processor or force it through a sieve. If the puree is watery, drain it in a colander lined with cheese cloth. A 2 to 3 pound pumpkin yields about 2-3 cups puree.

### **Freezing Pumpkin**

Cut pumpkin in half. Take out seeds, turn upside down on cookie sheet, and bake until soft. When tender, scoop out pumpkin and blend till smooth with as little water as possible. Freeze.

### **Toasted Pumpkin seeds**

Wash 1 cup seeds and dry. Melt 1 T. butter in a jelly roll pan; add seeds and coat by shaking pan. Place in 425° oven and toast

for 20 minutes until light and brown, stirring occasionally. Salt; cool and store in covered jar.

### **Pumpkin Butter**

1 cup pumpkin puree  
2 Tbsp and 1¼ tsp apple juice  
½ tsp ground ginger  
⅛ tsp ground cloves  
¼ cup and 2 tsp white sugar  
½ tsp ground cinnamon  
¼ tsp ground nutmeg

Combine pumpkin, apple juice, spices, and sugar in a large saucepan; stir well. Bring mixture to a boil. Reduce heat, and simmer for 30 minutes or until thickened. Stir frequently. Store in refrigerator

### **Easy Pumpkin butter**

½ cup softened butter  
¼ cup honey  
¼ cup pumpkin puree  
⅛ tsp pumpkin spice  
Combine all ingredients and whip until smooth.

### **Homemade Pumpkin Pie**

1¼ cups fresh pumpkin puree  
¾ cup sugar  
½ tsp. salt  
¼ tsp. ground ginger  
1 tsp. flour  
¼ tsp. nutmeg  
2 eggs, lightly beaten  
1 cup evaporated milk, undiluted  
2 Tbsp water  
1 Tbsp maple syrup  
½ tsp vanilla

1 unbaked pastry shell (9inch)  
Combine pumpkin, sugar, salt, spices, nutmeg and flour in a mixing bowl. Add eggs; mix well. Add evaporated milk, water,



maple syrup and vanilla. Mix well. Pour into pastry pie crust. Bake at 400° for 15 minutes; reduce heat to 350° and bake about 35 minutes longer, or until center is set.

### **Whipped cream**

*Use 1 cup of whipping cream for each pie.*

½ cup heavy cream

½ cup powdered sugar

½ tsp. vanilla

Combine all ingredients and blend with electric mixer set to high speed. Cream is ready when soft peaks have formed.

### **Pretty Pumpkin Cinnamon Buns**

2 Tbsp. active dry yeast

½ cup warm water (110°)

4 eggs

1 cup shortening

1 cup canned pumpkin

1 cup warm milk (110°)

½ cup sugar

½ cup packed brown sugar

⅓ cup instant vanilla pudding mix

⅓ cup butterscotch pudding mix

1 tsp. salt

7 to 8 cups all purpose flour

### **Filling**

¼ cup butter, melted

1 cup packed brown sugar

2 tsp. ground cinnamon

### **Icing**

3 Tbsp. water

2 Tbsp. butter, softened

1 tsp. ground cinnamon

2 cups powdered sugar

1½ tsp. vanilla extract

In a large mixing bowl, dissolve yeast in warm water; add the eggs, shortening, pumpkin, milk, sugars, pudding mixes, salt and 6 cups of flour. Beat until smooth. Stir



in enough remaining flour to form a soft dough (dough will be sticky).

Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch dough down; divide in half. Roll each portion into a 12x8 inch rectangle, brush with butter. Combine brown sugar and cinnamon; sprinkle over dough to within ½" of edges.

Roll up jelly roll style, starting with a long side, pinch seams to seal. Cut each into 12 slices. Place cut side down into greased 13x9x2inch. Baking pans. Cover and let rise until doubled, about 30 minutes.

Bake at 350° for 22-28 minutes or until golden brown. In a small mixing bowl, combine the water, butter and cinnamon. Add powdered sugar and vanilla, beat until smooth. Spread over buns. Serve warm. Yield: 2 dozen

### **Jumbo Pumpkin Pecan Muffin**

2½ cups flour

½ cup sugar

¼ cup packed brown sugar

2 tsp. pumpkin pie spice

1 tsp. baking powder

1 tsp. soda

½ tsp. salt

2 eggs

1 cup canned pumpkin

½ cup buttermilk

¼ cup canola oil

1 tsp. vanilla

½ cup. chopped pecans



### **Topping**

- 1/3 cup packed brown sugar
- 1/3 cup finely chopped pecans
- 1/4 cup flour
- 1/4 cup butter

In a large bowl, combine the first seven ingredients. In another bowl, whisk the eggs, pumpkin, buttermilk, oil and vanilla. Stir into dry ingredients just until moistened. Fold in pecans. Fill six greased or paper lined jumbo muffin cups three-fourths full.

In a small bowl, combine the brown sugar, pecans and flour; cut in butter until crumbly. Sprinkle over batter.

Bake at 375° for 25-30 minutes or until toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. Serve warm. Yield 6 muffins.

### **Pumpkin Waffles**

- 1 cup flour
- 1 Tbsp. brown sugar
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 egg, beaten
- 1 1/4 cups milk
- 3/8 cup canned pumpkin
- 4 1/2 tsp. butter, melted
- 1/3 cup pecans chopped



### **Maple cranberry butter**

- 1/2 cup fresh or frozen cranberries
- 1/4 cup maple syrup
- 1 cup butter, softened
- Additional maple syrup, optional

In a large bowl combine the flour, brown sugar and salt. Whisk in the egg, milk, pumpkin and butter; stir into dry ingredients until blended. Fold in pecans.

Bake in a preheated waffle iron according to manufacturer's directions until golden brown.

Meanwhile, in a small saucepan, combine cranberries and syrup. Cook over medium heat until berries pop, about 10 minutes. Transfer to a small mixing bowl. Cool slightly. Beat in butter until blended.

Serve on waffles with maple cranberry butter and syrup if desired. Refrigerate or freeze leftover butter. Yield 4 servings (1 cup butter)

### **Pumpkin Cheese cake**

- 3/4 cup chopped pecans, toasted
- 32 ginger snap cookies, coarsely crushed
- 3 Tbsp. brown sugar
- 6 Tbsp. butter, melted

### **Filling**

- 3 packages cream cheese (8 ounces each)
- 1 cup packed brown sugar
- 1 1/2 cups canned pumpkin
- 1/2 cup heavy whipping cream
- 1/4 cup maple syrup
- 3 tsp. vanilla
- 1 tsp. ground cinnamon
- 1/2 tsp. ginger
- 1/4 tsp. ground cloves
- 4 eggs, lightly beaten
- Sweetened whipped cream, optional



Place a greased 9 inch spring form pan on a double thickness of heavy duty foil; securely wrap foil around pan. Place pecans in a food processor; cover and process until ground. Add gingersnaps, brown sugar and butter; cover and pulse until blended. Press onto the bottom and 2 inches up the sides of prepared pan; set aside.

In a large mixing bowl, beat cream cheese and brown sugar until smooth. Beat in the pumpkin, cream, syrup, vanilla and spices.

Add eggs; beat on low speed just until combined. Pour into crust. Place spring form pan in a large baking pan. Add 1 inch of hot water to larger pan.

Bake at 325° for 60-70 minutes or until center is just set and top appears dull. Remove pan from water bath. Cool on wire rack for 10 minutes. Carefully run a knife around edge of pan to loosen. Cool on wire rack 1 hour longer. Chill overnight. Remove sides of pan. Garnish with whipped cream. Yield: 12 servings

### **Meatloaf in a pumpkin**

1 lb. ground beef

6-8 slices bread, crumbled

1 egg

1 large onion, diced

1 small pumpkin

½ t. salt

(Dry bread slices may be used. Soak in a little water till soft and squeeze dry.)

Mix meat, bread, egg and onion well.

Sprinkle a little salt on inside of clean pumpkin. Fill with meat loaf mixture. Bake at 375° for 1 ½ hours. (Place pumpkins in a pan with a little water in it or place a pan of water on the shelf below.)

### **Beef Stew in a Pumpkin Pot**

1 lb. of stew meat, cubed

1 tsp. pepper

3 potatoes, diced

½ lb. carrots, sliced

3 Tbsp. cornstarch

½ tsp. salt

1 small pumpkin

1 cup green beans

1 cup lima beans

1 cup corn

1 stalk of celery, diced

1 onion, diced



Brown meat well in a hot pan. Do not use grease, just turn the heat down a little when meat is added to pan. Turn when brown. When well-browned, pepper the meat; add 5-6 cups hot water. Cover and simmer 2-3 hours. Parboil potatoes, 10-15 minutes. Steam sliced carrots 15 minutes. Mix the cornstarch with about ½ cup cold water, and stir into the beef broth. Sprinkle salt in the cleaned-out pumpkin. Add meat and vegetables. Put lid on pumpkin and bake a 375° for 1½-2 hours (depending on size of pumpkin).

When pumpkin is done, stew is ready to serve. Add cornstarch for thickening, if desired. You will scoop out some pumpkin with the stew when serving.

Note: you may vary vegetables, tomatoes, chopped cabbage, and parsnips. Stew may be made a day ahead. Refrigerate. Put into pumpkin when ready to bake.

### **Pumpkin Skillet cornbread**

2 cups corn meal

1 cup cooked pumpkin

1 tsp. baking soda

½ tsp. salt

1 Tbsp. sugar

1 cup buttermilk

1 cup water

3 Tbsp. shortening or oil

1 egg, beaten

Mix cornmeal and pumpkin. Add baking soda, salt and sugar to buttermilk. Add water and add to cornmeal pumpkin mixture. Add shortening and egg and mix well. Pour into greased iron skillet and bake in 400° oven for 35-45 minutes or until lightly browned. Serve hot with butter.

## **Chocolate Chip Drop cookies**

1 cup canned pumpkin puree  
1 cup brown sugar  
¾ cup white sugar  
½ cup butter or baking margarine  
1 egg  
¼ tsp. baking soda  
1Tbsp. milk  
¾ cup quick cooking oats, uncooked  
1¼ cups unbleached white flour  
1 tsp. baking powder  
½ tsp. salt  
1 tsp. ground cinnamon  
¼ tsp. ground cloves  
½ tsp. nutmeg  
1 Tbsp. pure vanilla extract  
1 cup raisins  
1 cup semisweet or dark chocolate chips  
1 cup chopped walnuts or pecans



Preheat oven to 375 degrees. Spray two cookie sheets with nonstick spray. In a large bowl, cream together pumpkin, sugars, butter and egg. In a small dish, dissolve baking soda into milk. Set aside. In a separate bowl, stir together flours, baking powder, salt and spices. Add baking soda mixture to flour mixture.

Add flour mixture to pumpkin mixture, stirring until just combined. Be careful not to over mix or the batter will get tough. Add vanilla extract, chocolate chips and walnuts. Drop by rounded spoonfuls onto prepared cookie sheets. Bake 10-12 minutes or until lightly browned.

Makes 24.

## ***Fun things to do with Pumpkins***

### **Pumpkin Sparkle**

Garnish any fall cake or food tray with shimmering miniature pumpkins. For an

edible alternative to glitter pumpkins use ordinary sugar to make your pumpkins sparkle. First, paint your pumpkins with a tacky substance such as clear corn syrup and then sprinkle with white sugar. Good on gourds too.

### **Tiny turkey**

*You will need:*

Miniature pumpkin  
Brown paint  
Red paint  
Yellow paint  
Sheet of red foam  
Wiggle eyes  
Craft sticks  
School glue  
Paint brush and scissors

***How to:***

Paint your miniature pumpkin brown and the stem yellow. While the pumpkin is drying, paint two craft sticks red, two yellow and mix the red and yellow paint to make orange. Cut out a head and gobbler out of the red foam. The size of the turkey head will depend on the size of the pumpkin you are using. Cut a slit in the foam to slide over the stem and glue on the wiggle eyes. Flip over and glue on painted craft sticks in a fan shape.

### **Pumpkin Totem Pole**

5 miniature pumpkins  
1 small pie pumpkin  
1 small dowel rod cut to desired size  
Assorted colored paint pens or  
Miniature pumpkin face tattoos.  
Drill  
Pencil sharpener

A wooden dowel rod was sharpened in a pencil sharpener and punched into the larger pie pumpkin at the stem end

providing the base. Offset holes were then drilled into the miniature pumpkins. They were then threaded over the dowel rod. Painting or tattoos can be done before or after.

### **Pumpkins Treat Holders**

Use a small drill bit to make evenly spaced holes in the pumpkin. Then simply place a sucker in each hole to create a one of kind treat holder.

### **Pumpkin Pots**

Pie pumpkins are the perfect size for treat pots. To make simply cut off the top of the small pumpkin and scoop out the seeds. Line with material of choice and fill with treats. Use the pumpkin pot and put flowers in it for a table center piece

Place a few miniature pumpkins on your sink in the bath room for a fun festive decoration. Or on a plate for a place card, paint on the name of your guest.

### **Pumpkin Centerpiece**

Here's an elegant and simple way to dress up your table for any fall gathering.

#### **CRAFT MATERIALS:**

- Leaves
- Pumpkin
- Knife (parents only) or fine-toothed pumpkin saw
- Ribbon or raffia bow

Time needed: Under 1 Hour

Simply trace a leaf (you can use a real one or a leaf-shaped cookie cutter) onto the

shell of a hollowed-out pumpkin to create a few leaf silhouettes. Then use a knife (parents only) or fine-toothed pumpkin saw to cut out the shapes.

Adorn the pumpkin with a ribbon or raffia bow and a scattering of colorful autumn leaves.



Sources: Taste of home  
Pumpkin Lovers cookbook  
For the love of pumpkins  
Family fun  
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