

PUMPKIN RECIPES

Pumpkin Soup

Ingredients:	1 teaspoon cinnamon
2 medium pumpkins (for recipe)	1/2 teaspoon nutmeg
1 large pumpkin (for tureen)	1/2 teaspoon salt
2 cups chicken broth	1/2 teaspoon ginger
1 cup water	1 cup half and half
1/4 cup maple syrup	Toasted pumpkin seeds, optional

Preheat the oven to 350 degrees.

Cut the 2 medium pumpkins in half, scoop out the seeds, and place skin-side down on a baking sheet. Bake for 35 to 45 minutes, or until soft. Scoop out the pumpkin flesh into food processor and puree until smooth. Pour pureed pumpkin into a saucepan and add the chicken broth, water, maple syrup and spices. Bring to a boil, then reduce to a simmer and cook for 30 minutes. Meanwhile, cut the top off the large pumpkin to create the soup tureen. The hole should be wide enough to fit a ladle. Hollow out the seeds, checking for holes and lining with plastic, if necessary. Remove the soup from heat and stir in the half and half. Pour the soup into the pumpkin tureen and serve garnished with toasted pumpkin seeds.

Pumpkin Banana Mousse Tart

Ingredients:

For the crust:

2 cups graham cracker crumbs (14 crackers)
1/3 cup sugar
1/4 teaspoon ground cinnamon
1/4 pound (1 stick) unsalted butter, melted

For the decoration:

1 cup (1/2 pint) cold heavy cream
1/4 cup sugar
1/2 teaspoon pure vanilla extract
Orange zest, optional

For the filling:

1/2 cup half-and-half
1 (15-ounce) can pumpkin puree
1 cup light brown sugar, lightly packed
3/4 teaspoon kosher salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
3 extra-large egg yolks
1 package (2 teaspoons) unflavored gelatin
1 ripe banana, finely mashed
1 teaspoon grated orange zest
1/2 cup cold heavy cream
2 tablespoons sugar

Preheat the oven to 350 degrees .

Combine the graham cracker crumbs, sugar, cinnamon, and melted butter in a bowl and mix well. Pour into an 11-inch tart pan with a removable bottom and press evenly into the sides and then the bottom. Bake for 10 minutes and then cool to room temperature.

For the filling, heat the half-and-half, pumpkin, brown sugar, salt, cinnamon, and nutmeg in a heat-proof bowl set over a pan of simmering water until hot, about 5 minutes. Whisk the egg yolks in another bowl, stir some of the hot pumpkin into the egg yolks to heat them, then pour the egg-pumpkin mixture back into the double boiler and stir well. Heat the mixture over the simmering water for another 4 to 5 minutes, until it begins to thicken, stirring constantly. You don't want the eggs to scramble. Remove from the heat.

Dissolve the gelatin in 1/4 cup cold water. Add the dissolved gelatin, banana, and orange zest to the pumpkin mixture and mix well. Set aside to cool.

Whip the heavy cream in the bowl of an electric mixer fitted with a whisk attachment until soft peaks form. Add the sugar and continue to whisk until you have firm peaks. Carefully fold the whipped cream into the pumpkin mixture and pour it into the cooled tart shell. Chill for 2 hours or overnight.

For the decoration, whip the heavy cream in the bowl of an electric mixer fitted with the whisk attachment until soft peaks form. Add the sugar and vanilla and continue to whisk until you have firm peaks. Pipe or spoon the whipped cream decoratively on the tart and sprinkle, if desired, with orange zest. Serve chilled.

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Pumpkin Bars

Ingredients:

Bars:

4 eggs
1 2/3 cups granulated sugar
1 cup vegetable oil
15-ounce can pumpkin
2 cups sifted all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon salt
1 teaspoon baking soda

Icing:

8-ounce package cream cheese, softened
1/2 cup butter or margarine, softened
2 cups sifted confectioners' sugar
1 teaspoon vanilla extract

Preheat the oven to 350 degrees F.

Using an electric mixer at medium speed, combine the eggs, sugar, oil and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt and baking soda. Add the dry ingredients to the pumpkin mixture and mix at low speed until thoroughly combined and the batter is smooth. Spread the batter into a greased 13 by 10-inch baking pan. Bake for 30 minutes. Let cool completely before frosting. Cut into bars.

To make the icing: Combine the cream cheese and butter in a medium bowl with an electric mixer until smooth. Add the sugar and mix at low speed until combined. Stir in the vanilla and mix again. Spread on cooled pumpkin bars.

Stuffed Pumpkin with Cornbread Stuffing

Ingredients:

1 (3 to 4) pound pumpkin
1/2 teaspoon salt
1/2 teaspoon cinnamon
Cornbread dressing, recipe follows

Preheat oven to 350 degrees F. Cut stem section from the pumpkin and remove seeds. Sprinkle inside with salt and cinnamon. Place hollowed pumpkin on a baking sheet in oven and roast for 20 minutes. Remove and fill with cornbread dressing (recipe follows) leaving 1 to 2 inches at the top for expansion. Increase oven temperature to 375 degrees. Place stuffed pumpkin in oven and bake for another 35 to 40 minutes or until pumpkin is tender, dressing is set and nicely browned on top.

Cornbread Stuffing:

4 cups crumbled cornbread, recipe follows
2 cups toasted bread, cut into 1-inch cubes
10 saltine crackers
2 cups vegetable stock
3 celery stalks, diced
1 medium onion, diced
2 large eggs
1/2 stick butter
1 teaspoon dried sage
Salt and pepper

Combine cornbread, toasted bread and crackers in mixing bowl. Pour stock into saucepan and add celery and onion. Bring to a boil and cook for 10 minutes, allow to cool. Add stock mixture to bread crumb mixture with beaten eggs, butter, sage, salt and pepper.

MAMA'S CORNBREAD

2 cups cornmeal
1 cup buttermilk
1 cup water
1 large egg
6 tablespoon vegetable oil

Preheat the oven to 375 degrees F. In a mixing bowl, combine all of the ingredients and mix well. On the stove top, heat the oil in a large skillet until hot but not boiling. Pour the hot oil into the bowl with the other ingredients and mix well. Pour the batter into the skillet and bake for 35 to 50 minutes. Start checking for doneness after 35 minutes; it should be golden brown when done.