

## **PUMPKIN CORN SOUP WITH LIME CREAM**

From New Mexico Magazine, Nov. 2005

**SAUTÉ** over medium heat for 1 minute stirring constantly.

- 1 Tbsp. Olive oil
- 1 clove garlic, finely chopped

**ADD** and stir well.

- 3 cups corn kernels or 3 ears fresh corn

**REMOVE** from heat.

**ADD**

- ½ cup water

In a blender **PROCESS** until smooth, about 2 minutes.

**PASS** through a sieve or fine strainer, and discard the corn skins.

**COMBINE** with the corn puree in a saucepan, and bring it to a boil over medium to high heat.

- ¾ tsp. salt
- ¼ tsp. white pepper
- 3 cups chicken stock (or vegetable stock)

**DECREASE** the heat to low,

**ADD**

- 3 cups cooked pumpkin

**COOK** for 10 minutes stirring often so as not to burn the soup.

### **LIME CREAM**

Juice and zest of 2 limes

¾ cups heavy cream

To **MAKE** the **CREAM**, **COMBINE** the lime juice with the heavy cream and stir well. **PLACE** into a squirt bottle or small bowl for pouring onto each soup.

**POUR** the soup into each bowl or small pumpkin bowl. Using your squirt bottle, or a spoon, **POUR** a small amount of the lime cream over each bowl of soup. **GARNISH** with the lime zest and serve immediately. **SERVES** 8.

*The author advises roasting ears of corn in the husks before cutting from the cob. To do this she places them on a baking pan or dish with approximately 1 cup of water and bake for 15 minutes at 350 degrees. Remove from oven, turn each ear of corn over and bake an additional 15 minutes. Remove from oven, allow to cook, then cut*

## **PUMPKIN BREAD**

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- 3 c. sugar
- 4 eggs
- 2 c. prepared pumpkin (fresh makes it taste even better)
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1 c. salad oil
- 2/3 c. water
- 3 1/2 c. flour
- 2 tsp. soda
- 1 tsp. baking powder
- 1 c. chopped nuts

Sift together flour, soda, and baking powder. Combine all ingredients, except nuts. Beat until smooth. Fold in the nuts. Fill bread pans, floured, 1/2 to 2/3 full.

Can use floured coffee cans. Bake at 350 degrees for 1 hour and 15 minutes. Test with toothpick for doneness. Let stand 20 minutes before removing from pans. Can be frozen.

## **PUMPKIN SPICE CAKE**

I love pumpkin - try this recipe for pumpkin spice cake.

### **INGREDIENTS:**

- 4 eggs
- 1 cup sugar
- 1 cup light brown sugar, packed
- 1 16-ounce can pumpkin
- 1 cup vegetable oil
- 2 tablespoons Dark Rum
- 3 cups all purpose flour
- 2 teaspoons pumpkin pie spice
- 1 1/2 tablespoons baking powder
- 1 1/2 teaspoons salt

### **ICING**

- 12 oz. Cream Cheese (room temperature)
- 1 lb. powdered sugar
- 1/2 teaspoon lemon juice
- 3/4 teaspoon vanilla extract
- 2 oz milk

### **PREPARATION:**

Beat eggs until frothy; add sugars and beat until very thick.

Add pumpkin, oil, and rum; blend until smooth.

Stir together flour, spice, baking powder, and salt.

Thoroughly blend flour mixture into creamed mixture.

Pour into greased and floured 10 inch tube or bundt cake pan.

Bake in preheated 350°F. oven for 1 hour or until cake tester inserted near center comes out clean.

## **Homestead Inn**

**Guest House**

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**York Beach, Maine**

**Specialty Recipe**

## **PUMPKIN SPICE MUFFINS**

**MIX** together then set aside:

1-1/2 cups raisins

3 cups flour

1-1/2 teaspoon baking powder

1 teaspoon salt

1 teaspoon baking soda

1/2 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ground clove

**CREAM:**

2 cups sugar

1/2 cup butter

**ADD:**

3 eggs

1/2 cup milk

1-1/2 cups pumpkin

**COMBINE** all ingredients

(The pumpkin can be either fresh or the canned type used for pie. )

Let stand at room temperature for one hour (the raisins, spices and liquid will "connect" for a nice flavor!). Pour into muffin tin, buttered, or in paper cupcake holders.

**BAKE** at 400 degrees for 17 to 20 minutes.

Makes about 20 muffins.

## PUMPKIN BUTTER

1 (29 ounce) can pumpkin puree, approx. 3½ cups  
¾ cup apple juice  
2 teaspoons ground ginger  
½ teaspoon ground cloves  
1 1/3 cups brown sugar  
1 tablespoon ground cinnamon  
½ teaspoon ground nutmeg

Juice of half a lemon

1. 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. Adjust spices to taste. Stir in lemon juice, or more to taste.
2. Once cool, pumpkin butter can be kept in an airtight container in the fridge.

**To preserve:** Spoon hot pumpkin mixture into hot jars, filling to within 1/4 inch from top. Remove air bubbles; wipe jar rims. Cover at once with metal lids, and screw on bands. Process in a boiling water bath for 10 minutes.

## PUMPKIN SCONES

**PREHEAT** oven to 400 degrees.

**WHISK** together:

2 cups flour  
1/3 cup light or dark brown sugar  
½ tsp. ground ginger  
½ tsp. ground cinnamon  
1 tsp. baking powder  
¼ tsp. baking soda  
¼ tsp. salt

**CUT** into small pieces and **BLEND** into the flour mixture with a pastry blender or two knives:

½ cup cold unsalted butter (margarine)

The mixture should look like coarse crumbs

In a separate bowl **MIX TOGETHER:**

1/3 cup buttermilk (I used plain milk)  
½ cup fresh or canned pure pumpkin(no spices)  
1 egg  
1 tsp vanilla

**ADD** the wet mixture to the dry mixture. Mix just until the dough comes together. Do not overmix.

**KNEAD** dough gently on a floured board about 5 times.

**PAT** the dough into a 7" circle. **CUT** into wedges.

Place scones on baking sheet and brush tops with egg wash.

**BAKE** for about 20 minutes or until golden brown.

# WHOLE WHEAT SPICED PUMPKIN

## PANCAKES

SUBMITTED BY: ANNE SP

These moist pancakes are lightly spiced for the palate of my young child. If you like a bit more pizzazz, you can increase the spices or add others. Cinnamon and pumpkin pie spice both work nicely here.

### Ingredients

2 cups whole wheat pastry flour  
4 tsp baking powder  
1 tsp baking soda  
.5 tsp ground nutmeg  
.5 tsp ground ginger  
.25 cup brown sugar  
1 egg yolk  
2 cups skim milk  
1 cup canned pumpkin  
3 TBSP apple butter  
3 egg whites

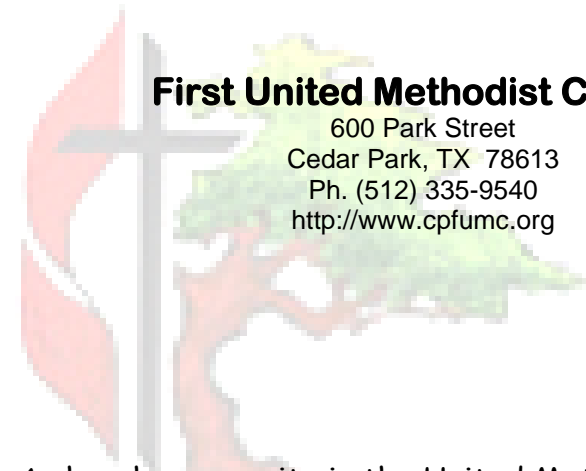
### Directions

1. In a large bowl, whisk together the flour, baking powder, baking soda, and spices.
  2. In a separate bowl, mix together the egg yolk, pumpkin, brown sugar, and apple butter. Stir in milk until well-blended.
  3. All at once, add milk mixture to dry ingredients and stir just until combined.
  4. In a medium bowl, beat egg whites until light and fluffy (you can use a fork, whisk, or electric beater for this). Fold egg whites into batter.
  5. Ladle batter by 1/4 cup amounts onto a preheated nonstick griddle lightly sprayed with cooking spray, Cook until evenly browned on both sides.
- Recipe makes 20 pancakes (when the 1/4 cup measure is used).

**Number of Servings: 20**

# Pumpkin Recipes

From the pumpkin patch  
at



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## PUMPKIN DESSERT

### Ingredients

1 package (18-1/4 ounces) *yellow cake mix*  
1/2 cup *butter, melted*  
1 egg

#### **FILLING:**

1 can (30 ounces) *pumpkin pie filling*  
1 can (5 ounces) *evaporated milk*  
2 eggs, *lightly beaten*

#### **TOPPING:**

1/2 cup *sugar*  
1/4 cup *all-purpose flour*  
3 teaspoons *ground cinnamon*

### Directions

- In a large bowl, combine the cake mix, butter and egg until crumbly. Set aside 2/3 cup for topping. Press the remaining crumb mixture into a greased 13-in. x 9-in. baking dish.
- For filling, in a large bowl, combine the pumpkin pie filling, milk and eggs; pour over crust.
- For topping, combine the sugar, flour, cinnamon and reserved crumb mixture; sprinkle over pumpkin layer.
- Bake at 350° for 45-50 minutes or until top is golden brown. Cool on a wire rack for 1 hour. Cover and refrigerate for 2 hours before serving. **Yield:** 12-15 servings.

## PUMPKIN CUSTARD RECIPE

### Ingredients

1 can (15 ounces) *solid-pack pumpkin*  
2 eggs  
1 cup *half-and-half cream*  
2/3 cup *packed brown sugar*  
1-1/2 teaspoons *pumpkin pie spice*  
1/2 teaspoon *salt*

#### **TOPPING:**

1/4 cup *packed brown sugar*  
1/4 cup *chopped pecans*  
1 tablespoon *butter, melted*  
*Whipped cream and ground cinnamon, optional*

### Directions

- In a large bowl, combine the first six ingredients; beat until smooth. Pour into four greased 10-oz. custard cups.
- Place in a 13-in. x 9-in. baking pan; pour hot water around cups to a depth of 1 in. Bake, uncovered, at 350° for 20 minutes.
- For topping, combine the brown sugar, pecans and butter. Sprinkle over custard. Bake 30-35 minutes longer or until a knife inserted near the center comes out clean. Serve warm or chilled; top with whipped cream and cinnamon if desired. Store in the refrigerator. **Yield:** 4 servings.

## PUMPKIN PIE LATTE RECIPE

### Ingredients

- 2 cups *milk*
- 2 tablespoons *canned pumpkin*
- 2 tablespoons *sugar*
- 2 tablespoons *vanilla extract*
- 1/2 teaspoon *pumpkin pie spice*
- 1/2 cup hot brewed [Easy Espresso](#)
- *Whipped cream, pumpkin pie spice and ground nutmeg, optional*

### Directions

- In a small saucepan, combine the milk, pumpkin and sugar. Cook and stir over medium heat until steaming. Remove from the heat; stir in vanilla and pie spice. Transfer to a blender; cover and process for 15 seconds or until foamy.
- Pour into two mugs; add espresso. Garnish with whipped cream and spices if desired. **Yield:** 2 servings.

## PUMPKIN STEW RECIPE

### Ingredients

- 2 pounds *beef stew meat, cut into 1-inch cubes*
- 3 tablespoons *canola oil, divided*
- 1 cup *water*
- 3 large *potatoes, peeled and cut into 1-inch cubes*
- 4 medium *carrots, sliced*
- 1 large *green pepper, cut into 1/2-inch pieces*
- 4 *garlic cloves, minced*
- 1 medium *onion, chopped*
- 2 teaspoons *salt*
- 1/2 teaspoon *pepper*
- 2 tablespoons *beef bouillon granules*
- 1 can (14-1/2 ounces) *diced tomatoes, undrained*
- 1 *pumpkin (10 to 12 pounds)*

### Directions

- In a Dutch oven, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes. Wash pumpkin; cut to 6" to 8". circle around top stem. Remove top and set aside; discard seeds and loosen fibers from inside.
- Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace top. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until the pumpkin is tender (do not over bake). Serve stew from pumpkin, scooping out a little pumpkin with each serving. **Yield:** 8-10 servings.

## PUMPKIN CHIP COOKIES RECIPE

### Ingredients

1-1/2 cups *butter, softened*  
2 cups *packed brown sugar*  
1 cup *sugar*  
1 can (15 ounces) *solid-pack pumpkin*  
1 *egg*  
1 teaspoon *vanilla extract*  
4 cups *all-purpose flour*  
2 cups *quick-cooking oats*  
2 teaspoons *baking soda*  
2 teaspoons *ground cinnamon*  
1 teaspoon *salt*  
2 cups (12 ounces) *semisweet chocolate chips*

### Directions

- In a large bowl, cream butter and sugars. Beat in the pumpkin, egg and vanilla. Combine the flour, oats, baking soda, cinnamon and salt; gradually add to creamed mixture. Stir in chocolate chips.
- Drop by tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 350° for 10-12 minutes or until lightly browned. Remove to wire racks to cool. **Yield:** 10 dozen.

## KIDS' FAVORITE PUMPKIN SEEDS RECIPE

### Ingredients

2 cups fresh pumpkin seeds  
1/4 cup butter, melted  
1/2 teaspoon garlic salt  
1/4 teaspoon cayenne pepper  
1/4 teaspoon Worcestershire sauce

### Directions

- In a small bowl, combine all ingredients; transfer to an ungreased 15-in. x 10-in. x 1-in. baking pan.
- Bake at 250° for 45-50 minutes or until lightly browned and dry, stirring occasionally. Cool completely. Store in an airtight container. **Yield:** 2 cups.

**Nutritional Facts** 1/4 cup equals 122 calories, 9 g fat (4 g saturated fat), 15 mg cholesterol, 158 mg sodium, 9 g carbohydrate, 1 g fiber, 3 g protein.

## Roasted Fall Vegetables Recipe

### Ingredients

1 large acorn squash, peeled and cut into 1-1/2-inch cubes  
1 large rutabaga, peeled and cut into 1-inch cubes  
1 medium pie pumpkin or butternut squash, peeled and cut into 1-inch cubes  
3 large carrots, peeled and cut into 1-1/2-inch pieces  
1 medium parsnip, peeled and cut into 1-inch cubes  
1/4 cup grated Parmesan cheese  
1/4 cup canola oil  
3 tablespoons minced fresh parsley  
2 tablespoons paprika  
2 teaspoons salt  
1 teaspoon garlic powder  
1/2 teaspoon cayenne pepper

### Directions

- In a large bowl, combine the first five ingredients. In a small bowl, combine the remaining ingredients. Pour over vegetables; toss to coat.
- Transfer to two greased 15-in. x 10-in. x 1-in. baking pans. Bake, uncovered, at 425° for 40-50 minutes or until tender, stirring occasionally. **Yield:** 14 servings.

## Emeril's Pumpkin Soup

Emeril Lagasse's Fall Recipe

### Ingredients

4 pounds fresh pumpkin flesh, peeled, seeded, chopped  
2 teaspoons salt  
2 tablespoons unsalted butter  
2 cups yellow onions, chopped  
3 bay leaves  
1/2 teaspoon freshly ground white pepper  
2 teaspoons sugar  
8 cups of chicken broth  
2 tablespoons smooth peanut butter  
1/4 teaspoon ground cinnamon  
1/8 teaspoon nutmeg (freshly grated)  
1/8 teaspoon ground allspice

### Cooking Directions

Put the chopped pumpkin in a large saucepan, cover with water, and add 1 teaspoon of the salt. Bring to a boil and cook until fork-tender, about 15 minutes.  
Drain, let cool, and mash. You should have about 4 cups.  
In a large, heavy pot or Dutch oven, melt the butter over medium-high heat. Add the onions, bay leaves, the remaining 1 teaspoon salt, the white pepper and sugar.  
Cook, stirring, until the onions are soft and lightly golden, about 10 minutes.  
Add the chicken broth, pumpkin puree, and peanut butter. Stir to mix. Bring to a boil.  
Reduce heat to medium and cook, uncovered, until it coats a spoon, about 1 hour and 15 minutes.  
Stir in the cinnamon, nutmeg, and allspice. Remove and discard the bay leaves and serve hot soup in soup bowls.  
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