

## Pumpkin Corn Soup

This soup has tasty spices and a beautiful color. Try garnishing it with fresh cilantro.

- 1 large onion, chopped
  - 1 medium sweet red pepper, chopped
  - 2 Tbsp. olive or canola oil
  - 2 cups fresh or frozen corn, thawed
  - 1 jalapeno pepper, seeded and chopped
  - 2 garlic cloves, minced
  - 2 tsp. chili powder
  - 2 cans (14.5 ounce each) vegetable broth
  - 1 can (15 ounces) canned pumpkin
  - ½ tsp. salt
  - Dash cayenne pepper
  - 2 Tbsp lime juice
1. In large saucepan, sauté onion and red pepper in oil until tender.
  2. Add corn, jalapeno, garlic and chili powder; sauté 2 minutes longer.
  3. Stir in broth, pumpkin, salt and cayenne until blended. Bring to a boil. Reduce heat: cover and simmer for 10 minutes. Stir in lime juice.

## Pumpkin (or Squash) Pancakes

These pancakes can be prepared Butternut Squash, Hubbard Squash or other variety of winter squash. Use canned pumpkin puree, freshly prepared puree, or frozen puree which has been thawed. Cold leftover pancakes are an appetizing snack.

- 1 cup all purpose flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 1 teaspoon pumpkin pie spice
  - 1 egg, slightly beaten
  - 2 cups pumpkin puree
  - 1/2 cup molasses, or maple syrup
  - 3-4 tablespoons buttermilk or milk
  - 2 tablespoons unsalted butter, or margarine, melted
  - 1/2 cup chopped pecans or hazelnuts, optional
  - Powdered sugar for dusting
1. In a large bowl, sift together flour, baking powder, salt, and pumpkin pie

spice. Set aside.

2. In another bowl, beat egg slightly. Add pumpkin or squash puree, molasses or syrup, milk or buttermilk and melted butter or margarine. Mix until smooth.

3. Blend in the dry ingredients all at once. Mix until batter is smooth. Allow batter to rest for 30 minutes or more.

4. Stir nuts into batter, and add additional tablespoon of buttermilk or milk if batter is too thick.

5. To make pancakes, spoon a heaping tablespoon of batter onto a lightly greased preheated griddle or heavy skillet. With the back of the spoon, flatten batter to about 1/2-inch thickness. Cook slowly until bubbles appear on top and bottom is golden brown. Lift edge to check. Turn and cook until other side is golden brown.

6. Place on a platter and set platter in a warm oven. Continue making pancakes until all batter is used. Makes about 24, 3-inch pancakes. Serves 4 to 6 people. Garnish with powdered sugar or serve with corn syrup, maple syrup or your favorite pancake syrup.

## **Pumpkin Nut Bread**

An old family favorite, pumpkin nut bread makes a wonderful snack, breakfast or dessert. This recipe makes one large loaf or 2 mini loaves for gift giving. The bread also freezes well. Freeze on a plate 6 hours, wrap frozen loaf in heavy duty aluminum foil and return to the freezer for up to six months.

- 2 cups all-purpose flour or 1 cup whole wheat flour and 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon each: salt and nutmeg
- 1 cup fresh pumpkin puree or 1 cup solid pack canned pumpkin
- 1 cup sugar
- 1/2 cup skim milk
- 2 eggs, slightly beaten
- 1/4 cup canola oil
- 1/2 cup each: chopped pecans and black walnuts (may substitute raisins or any combination to equal one cup)

1. Preheat oven to 350°F.
2. Sift together flour, baking powder, baking soda, ground cinnamon, salt and ground nutmeg.
3. In a large mixing bowl, combine pumpkin, sugar, milk and eggs. Mix well.
4. Add dry ingredients, oil and nuts mixing until just moistened. Batter will be slightly lumpy. Do not over mix.
5. Spoon batter into well greased (use vegetable oil) 9 x 5 inch loaf pan or two 7-1/2 x 3 3/4 inch loaf pans, may use aluminum pans.
6. Bake (in the middle of the oven) large loaf for 65 minutes or two mini loaves for 50 minutes or until a wooden pick inserted in the center comes out clean.
7. Cool 10 minutes in the pan. Use a knife to go around the edge of the pan to loosen bread from the sides of the pan, invert, cool on a cooling rack or plate. Slice and serve.

## **Pumpkin Apple Soup**

Serve this soup on a cold winter's night with a green salad and crusty bread. You are guaranteed to become a shining star. You can make the stock below or substitute five cups chicken stock or vegetable stock. You can buy canned chicken or vegetable broth or use what you have in the freezer already. You may want to enhance canned stock by simmering it with the apple peels and other ingredients. If you are saving seeds for roasting, don't use them in the stock. Listen, as long as you start with about five cups of flavorful stock or broth you can make this soup. Soup making is not an exact science, so relax and do whatever your time and energy level may permit. Be creative and enjoy the soup.

*To make the stock (if using prepared stock, skip to Step 3)*

- Seeds and strings from the pumpkin
- 3 crisp, flavorful apples quartered (Granny Smith, Winesap, etc.)
- 3 cups fresh or frozen pumpkin puree - (see Pumpkin Purchase & Puree Preparation)
- 1 head garlic, unpeeled
- 1 large onion, quartered
- Zest of 1/2 orange
- 1-1/2 teaspoon salt
- 6 cups water

### *Putting the soup together*

- 1/2 cup apple juice concentrate, thawed
  - 1 apple, washed, cored and diced
  - 1 large onion, diced
  - 3 tablespoons olive oil
  - 1 tablespoon good quality curry powder
  - 5 cups prepared pumpkin/apple stock, chicken or other stock
  - 3 cups pumpkin puree (fresh, frozen or canned)
  - 1 cup evaporated skim milk or half and half
  - Paprika
1. Place all ingredients in a large pot, bring to a boil, turn heat down and simmer covered for 45 minutes.
  2. Let the stock cool for about 30 minutes, strain and discard solids. Measure 5 cups stock, if it is less add water, if it is more use it.
  3. Sauté onions in olive oil for about 3 minutes. Add the diced apple and sauté for 2 minutes longer. Sprinkle with curry powder and sauté one minute longer. Remove from heat and set aside.
  4. Put half the onion/apple sauté in a large pot. Add the pumpkin/apple stock and pumpkin puree. Bring this mixture to a boil, turn down the heat, and simmer gently for about 10 minutes. Stir occasionally. Meanwhile.....
  5. Put the other half of the apple/onion sauté and the apple juice concentrate in a food processor or blender. Process until smooth. Add to the soup pot. Add evaporated milk and continue cooking until the soup is very hot. Do not boil again.
  6. Serve the soup garnished with a spoonful of the apple/onion sauté and a dash of paprika.

*Yield 6 servings*

### **Quick and Easy Creamy Pumpkin Soup**

Use your favorite pumpkin soup for the "pumpkin tureen" or use this simple recipe. Although this soup is rich and creamy there is actually no cream in it. The thick body of the soup comes from the pumpkin puree and evaporated skim milk.

- 2 cups finely chopped onions
- 2 green onions, sliced thinly, tops included
- 1/2 cup finely chopped celery
- 1 green chili pepper, chopped

- 1/2 cup canola or vegetable oil
  - 3 cans chicken broth (14-1/2 oz cans) or 6 cups homemade chicken stock
  - 2 cups pumpkin puree or 1 can (16 oz) solid pack pumpkin
  - 1 bay leaf
  - 1-1/2 teaspoons ground cumin
  - 1 cup undiluted, evaporated skim milk
  - Salt and pepper to taste (Canned chicken broth and canned pumpkin may contain added salt. Taste the finished soup before adding salt, as additional salt may not be needed.)
  - Parmesan cheese and fresh chopped parsley
1. In a 6-quart saucepan, sauté onions, green onions, celery and chili pepper in oil. Cook until onions begin to look translucent.
  2. Add broth, pumpkin, bay leaf, and cumin. Bring to a boil. Reduce heat and simmer, uncovered for 20 minutes, stirring occasionally.
  3. Remove bay leaf. Add evaporated milk and cook over low heat 5 minutes. Do not boil. Taste and adjust seasoning, if necessary. Add 1/2 teaspoon salt and 1/2 teaspoon black pepper, if desired.
  4. Transfer hot soup to pumpkin tureen. Garnish with grated Parmesan cheese and chopped parsley. Serve hot. Makes 6 to 8 servings.

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- 2 cups all-purpose flour or 1 cup whole wheat flour and 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon each: salt and nutmeg
- 1 cup fresh pumpkin puree or 1 cup solid pack canned pumpkin
- 1 cup sugar
- 1/2 cup skim milk
- 2 eggs, slightly beaten
- 1/4 cup canola oil
- 1/2 cup each: chopped pecans and black walnuts (may substitute raisins or any combination to equal one cup)

1. Preheat oven to 350°F.
2. Sift together flour, baking powder, baking soda, ground cinnamon, salt and ground nutmeg.
3. In a large mixing bowl, combine pumpkin, sugar, milk and eggs. Mix well.
4. Add dry ingredients, oil and nuts mixing until just moistened. Batter will be slightly lumpy. Do not over mix.
5. Spoon batter into well greased (use vegetable oil) 9 x 5 inch loaf pan or two 7-1/2 x 3 3/4 inch loaf pans, may use aluminum pans.
6. Bake (in the middle of the oven) large loaf for 65 minutes or two mini loaves for 50 minutes or until a wooden pick inserted in the center comes out clean.
7. Cool 10 minutes in the pan. Use a knife to go around the edge of the pan to loosen bread from the sides of the pan, invert, cool on a cooling rack or plate. Slice and serve.