

Pumpkin Recipes



crumbly. Press the crust evenly into an ungreased 13x9 inch pan. Bake the topping at 350F for 15 minutes.

Filling: Using a large bowl, combine pumpkin, milk, eggs, white sugar, salt and spices. Mix well. Pour the pumpkin mixture evenly into baked crust. Bake for an

additional 20 minutes on 350F. **Topping:** Using a small bowl, combine the chopped pecans, brown sugar and 2 tablespoons of butter. When the filling is finish baking, sprinkle the topping over pumpkin filling and then bake for another 15 to 20 minutes until the squares are set. Squares are done when a knife inserted comes out clean. Cool in pan on a rack.

Pumpkin Squares

- 1 cup flour
- 1/2 cup old fashion rolled oats
- 1/2 cup packed brown sugar
- 1/2 cup butter or margarine
- 2 cups pumpkin, canned or steamed and mashed
- 13 1/2 ounces evaporated milk
- 3/4 cup sugar
- 2 eggs
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 cup chopped pecans
- 1/2 cup packed brown sugar
- 2 tablespoon butter or margarine

Preheat oven to 350F. **Crust:** In a bowl, combine flour, oats, brown sugar and 1/2 cup butter until the mixture is

Pumpkin Seeds

- 2 tablespoon oil
- 1 med pumpkin seeds from, reserve pumpkin for jack-o-lantern or other recipes
- 1 teaspoon salt

Cut around the stem end and lift out the stem. Scoop out all seeds and wash to remove the stringy pulp. Spread seeds on paper towels to dry. Scatter

the seeds on an oiled cookie sheet and bake at 250F oven to dry for about 1 hour. Shake the cookie sheets half way through to turn the seeds. When the seeds are dry, turn up heat to toast the seeds for 5 minutes or until desired color is reached. Remove and store in airtight jars or tins.

NOTE: Salt the seeds in the last 10 minutes of cooking with your favorite salt, season salt, chili powder, dash of hot pepper sauce, lemon pepper, lime salt, dried herbs, etc.

NOTE: Great as a garnish, in soups, or as a snack. They can also be canned in jars as gifts.

In a large sauce pan, heat the oil over medium heat and saute onion until soft. Stir in applesauce, sugar, curry powder, cumin, fresh ginger, cardamom, salt and pepper. Cook for 5 minutes, stirring as needed. Add pumpkin and chicken broth. Stir well, bringing to a boil. Cover and reduce heat. Simmer for 20 minutes, stirring occasionally. Remove soup from heat and stir in evaporated milk. Process in batches in a blender or in the pot with an immersion blender until smooth. If the soup has cooled off too much, reheat as needed.



Pumpkin Curry Soup

- 1 tablespoon vegetable oil
- 1 onion, peeled and chopped
- 1 cup applesauce unsweetened
- 1 tablespoon sugar
- 1 teaspoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon fresh chopped ginger root
- 1/4 teaspoon ground cardamom
- salt to taste
- ground black pepper to taste
- 1 can pumpkin unsweetened, (15 oz)
- 1 can chicken broth (14.5 oz)
- 1 can nonfat evaporated milk (12 oz)

Pumpkin Pancakes

- 1 egg, beaten
- 1/2 to 3/4 cup milk
- 1 cup flour
- 1 tablespoon baking powder
- 2 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/2 cup canned or fresh mashed pumpkin
- 1/4 teaspoon cinnamon
- 1/4 teaspoon pumpkin pie spice
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg

Mix all together using a whip. Combine with a few quick stokes. Do not over mix. (Use enough milk for desired

consistency). Heat the pan or griddle. Test for readiness by dropping a few droplets of water on the pan. If the droplets bounce and sputter the pan is the proper temperature. If the water disappears it is too hot. Spoon the batter on to the griddle in about 4 or 5 inch size pancakes. When the top of the pancake is covered with air bubbles, gently check the bottom of the pancake with a spatula. If it is golden brown, then turn the pancake and cook the other side. When cooked, add to a warmed plate and stack with butter. Serve with maple syrup or a sprinkle of confectioners' sugar and nutmeg.

Spiced Pumpkin Fudge

3 cups sugar
3/4 cup butter or margarine
2/3 cup evaporated milk
1/2 cup canned pumpkin
1 teaspoon pumpkin pie spice
1 bag butterscotch morsels, (12 oz)
1 jar marshmallow creme, (7 oz)
1 cup pecan pieces
1 teaspoon real vanilla extract

Greased a 9x13 inch baking dish. In a heavy saucepan, combine the sugar,



butter or margarine, milk, pumpkin and pumpkin pie spice. Bring to a boil, stirring constantly. Continue to boil over a medium heat stirring constantly until mixture reaches 234F on a candy thermometer, about 10 minutes. Remove from heat and stir in butterscotch morsels. Add marshmallow creme, nuts and vanilla, mixing until blended. Pour (quickly) into the prepared baking dish spreading just until smooth. Cool at room temperature, cut into squares. Wrap each square in plastic wrap and store in the refrigerator.

Pumpkin Bread

3 cup sugar
1 cup vegetable oil
4 eggs
3 cup flour
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 1/2 teaspoon salt

2 teaspoon baking soda
1 tablespoon baking powder
2/3 cup water
2 cup cooked mashed pumpkin
(can use unsweetened canned)





In a large bowl, mix sugar and oil, then beat in eggs 1 at a time. On wax paper or in another bowl mix dry ingredients together. Slowly add the dry ingredients to the sugar and oil mixture along with water as needed. Add the Pumpkin last. Pour into a 5x9 inch greased bread pan. Bake at 350F for 50 minutes.

Pumpkin Pie

- 2 eggs
- 1 can solid pack pumpkin, (16oz)
- 3/4 cup sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1 can Carnation Evaporated Milk, undiluted (12oz)
- 1 unbaked 9 in deep dish pie shell

Preheat oven to 425F. Beat eggs lightly in large bowl. Stir in remaining ingredients in order given. Pour into pie shell. Bake for 15 minutes at 425F. Reduce temperature to 350F and bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack and serve with whipped cream.

Spiced Pumpkin Rum Pie And Spiked Whipped Cream

- 3 eggs, separated
- 3/4 c brown sugar, firmly packed
- 1/2 c sugar
- 1/2 c milk
- 1 small can pumpkin pie filling
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cloves
- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 3/4 cup dark rum

*(non-alcoholic substitute:
nearly 3/4 c water and 1
teaspoon rum flavored
extract)*

- 9 inch pie shell, baked
- 1/2 pt whipping cream

Separated the eggs, then beat the egg yolks in the top pot of a double-boiler





egg whites into the pumpkin filling mixture. Do not over mix. Pour the filling into a 9-inch baked pie crust, level with a spatula, and refrigerate overnight. Just prior to serving, whip the cream until stiff. As an option, you may elect to add a tablespoon of sugar and a splash of rum to the whipping cream, to taste. Spread the whipped cream attractively over the top of the chilled pie, and slice to serve.

over about a cup of boiling water in the bottom pot. Add the brown sugar, milk, pumpkin, cinnamon, nutmeg, cardamom and cloves to the egg yolks, making sure to stir constantly. Should take about 10 minutes to cook the mixture over the boiling water or until slightly thickened. Meanwhile, soften the unflavored gelatin in 1/2 cup of cold water. Stir the mixture into the hot pumpkin filling until dissolved. Stand to let cool, then add the rum and stir the mixture again. Beat the reserved egg whites in a medium-sized mixing bowl with a hand-held electric mixer until soft peaks form. Add the sugar and continue to beat until stiff peaks form. Gently fold the



Enjoy!
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