

First: Prepare the Pulp!!!

1. Wash the outside of your pumpkin or squash
2. Use a large chef knife to cut into 2 lb. quarters or large chunks, skin on, seeds removed.
3. Place chunks on baking sheet and rub the cut surfaces with cooking oil
4. Bake in preheated 375 degree oven for 45 minutes or until fork easily pierces the flesh
5. When cool enough to handle, scoop out flesh and use food processor or electric beaters to make fine pulp. Use in recipes!



Save the Seeds!

Sure, you could plant 'em next year. OR you could coat 'em w/ butter or oil, salt 'em, put 'em on a cookie sheet and bake 'em at 300 for 35-45 minutes, stirring every 10 minutes until they are YUMMY. Try adding some cayenne pepper, garlic salt, paprika, or even some of that meat rub seasoning that you don't know what to do with!

Classic Pumpkin Pie

3/4 cup granulated sugar
1/2 teaspoon salt
2 large eggs
2 cups prepared pumpkin pulp
1 unbaked 9-inch (4-cup volume) deep-dish pie shell

1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1 can 12 oz evaporated milk

MIX sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
POUR into pie shell.
BAKE in preheated 425°F. oven for 15 minutes. Reduce temperature to 350°F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Terry's Pumpkin or Squash Soup

3 cups prepared pumpkin or squash pulp
3 stalks celery, diced
1/2 medium onion, diced
3/4 cup diced ham
4 c. water

2 T. cooking oil
1/4 c. heavy cream
4 t. chicken bouillon
black pepper to taste

Sauté onions and celery in cooking oil in large saucepan on high heat, stirring constantly until transparent, not brown. Add ham and cook a few minutes longer, stirring constantly. Add 2 c. water, chicken bouillon, and black pepper and bring to a boil. Simmer 10 minutes. Mix the remaining 2 c. water with squash or pumpkin pulp in food processor until smooth. Add to simmering soup and bring to a boil, stirring to prevent scorching. Add cream and serve with bread.

Squash Pancakes

1 c. mashed winter squash
1/2 t. baking powder
1/4 t. cinnamon
1/4 t. nutmeg
1/4 t. salt

1 egg
1/2 c. flour
1 t. melted butter
1 T. milk

Beat egg & squash together, mix dry ingredients together and add to squash mixture. Add butter & milk and mix well. Ladle onto hot griddle and cook on one side until bubbles appear. Turn and cook on other side. (makes 6-8 small pancakes)

Laura's Butternut Squash with Brussel Sprouts & Cranberries

1 lb. Brussels sprouts, trimmed & halved
1 medium butternut squash peeled & cut into 1/2 inch cubes
1 cup fresh cranberries
1 apple, cut into 1/2 pieces
1 medium yellow onion, chopped
2 tablespoons extra virgin olive oil
1 tablespoon aged balsamic vinegar
1/2 teaspoon curry powder
1 tablespoon brown sugar
kosher salt & fresh cracked pepper

Preheat oven to 400F. Spread the Brussels sprouts, butternut squash, cranberries, apple, & onions on a large rimmed baking sheet. In a small bowl mix oil, vinegar, and curry powder together. Drizzle over the vegetable mixture and toss to evenly coat. Sprinkle brown sugar over the vegetables and place baking sheet in the oven. Roast for 20 minutes, gently stir and continue to roast for 20-25 minutes longer, or until vegetables are tender and nicely browned.

Market Pumpkin Bars

| | |
|--------------------------------|--------------------|
| 2 c. flour | 1/2 c. sorghum |
| 2 t. baking powder | 4 eggs |
| 1/2 t. salt | 2 c. pumpkin pulp |
| 2 t. cinnamon | 1 c. vegetable oil |
| 1 c. sugar | 1 c. chopped nuts |
| 1 c. chopped fresh cranberries | |

Mix dry ingredients together. Beat eggs, sorghum, pumpkin, and oil together. Add dry ingredients and mix until moistened. Add nuts and cranberries and pour into greased 12x17" jelly roll pan. Bake 350° for 20 minutes or until toothpick comes out clean. Cool & chill.

Frosting: 8 oz. cream cheese, 7 T. butter, 3 c. powdered sugar, and 1 t. vanilla. Cream cheese & butter should be cold. The longer you beat this on high, the better! Spread on bars and keep in fridge.

