

*First United Methodist Church of
Port St John
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Pumpkin Recipes

Warning:

**The Jack-O-Lantern cut on the porch is no longer food. Flavor and texture are diminished by exposure to air.*

**You must use fresh pumpkin for cooking.*

**To make puree from scratch, steam, boil, bake or microwave pumpkin chunks, without seeds and stringy bits until smooth. It is easier to remove the peel after, then puree in a blender or food processor.*

Pumpkins 5-7 lb. are best. One pound of raw pumpkin equals 3/4 to 1 cup puree. Fresh-made puree is generally more watery than canned. Put puree in strainer and set over a bowl in refrigerator overnight to get rid of excess liquid. Puree will keep in freezer in zipper-lock bags for about 6 months. Experiment with substituting for applesauce, zucchini, squash, potatoes or cubes can be used to thicken soups. Pumpkin is only 50 calories or 12 grams of carbohydrates per cooked cup. per Jackie D.



Pumpkin Apple Streusel Muffins

1 1/2 cups all-purpose flour 2 eggs, lightly beaten
2 cups sugar 1 cup pure pumpkin puree
1 tablespoon pumpkin pie spice 1/2 cup vegetable oil
1 teaspoon baking soda 2 cups, peeled, finely chopped apples
1/2 teaspoon salt

Streusel Topping: 2 tablespoons all-purpose flour, 1/4 cup sugar, 1/2 teaspoon ground cinnamon, *4 teaspoons butter

In a large bowl, combine flour, sugar, pumpkin pie spice, baking soda and salt; set aside. In medium bowl, combine eggs, pumpkin and oil. Add liquid ingredients to dry ingredients; stir just until moistened. Stir in apples. Spoon batter into greased or paper-lined muffin cups, filling 3/4 full. Sprinkle streusel topping over batter. Bake in preheated 350 degree oven for 35-40 minutes or until toothpick inserted near center comes out clean. Makes 18 muffins.

For topping: In small bowl, combine flour, sugar and ground cinnamon. Cut in butter until mixture is crumbly.



Maple Pecan Pumpkin Cheesecake

Crust: 1 3/4 cups pecan shortbread cookie crumbs (12-14)
1 cup chopped pecans
4 teaspoons butter or margarine (melted)

Cheesecake: 3 packages (8oz each) cream cheese, softened
2/3 undiluted evaporated milk
1 1/4 cups packed brown sugar
2 tablespoons cornstarch
1 can (15 oz) pure pumpkin
1 1/2 teaspoons maple flavoring
2 eggs
1/2 teaspoon ground cinnamon

Topping: 1/2 cup chopped pecans
2 tablespoons butter, melted
1/4 cup packed brown sugar
1/4 teaspoon maple flavoring

For crust: In a bowl, combine cookie crumbs and butter. Press onto bottom and 1-inch up sides of a 9-inch spring form pan; sprinkle with pecans. Bake in preheated 350 degree oven 6-8 minutes. Do not allow to brown. Remove from oven; cool.

For cheesecake: In a large bowl at medium speed, beat cream cheese and brown sugar until creamy. Add pumpkin, eggs, undiluted evaporated milk, cornstarch, maple flavoring and cinnamon; beat well. Pour into prepared crust. Bake in preheated 350 degree oven 55 minutes or until edge is set.

For topping: Combine pecans, brown sugar, butter and maple flavoring in a small bowl. Sprinkle over surface of cheesecake. Return cheesecake to 350 degree over 5-10 minutes or until topping is bubbly. Cool on wire rack. Chill several hours or overnight. Makes 12-16 servings.



Pumpkin Nut Roll

3 Eggs	1/2 tsp. Salt
1 cup Sugar	2 tsp. Cinnamon
1 cup Powdered Sugar	2/3 cup Pumpkin
1 tsp. Ginger	1 tsp. Lemon Juice
1/2 tsp. Nutmeg	3/4 cup All-Purpose Flour
1 cup Nuts, chopped	1 tsp. Baking Powder
Powdered Sugar	

Filling:

- 1 cup powdered sugar
- 1/4 cup butter, softened
- 6 oz. cream cheese, softened
- 1/2 tsp vanilla

Beat eggs 5 minutes and gradually beat in sugar, stir in pumpkin and lemon juice. Combine flour, baking powder, salt, and spices; fold into pumpkin mixture. Pour batter into a floured, greased 10-1/2 x 15-1/2" jelly roll pan and sprinkle with nuts. Bake 15 minutes at 350 degrees or until cake springs back when touched. Sprinkle powdered sugar on a towel. Loosen edges of cake and immediately invert onto towel. Roll cake up in towel beginning with narrow edges. Cool cake completely. Combine filling ingredients and beat until smooth. Unroll cake and spread with filling to within 1/2" of edges. Reroll cake and chill. Keep in refrigerator. To serve, cut slices 1/2" thick and sprinkle with powdered sugar. Serves 10-12.



Black Bean, Corn and Pumpkin Stew

- 1/4 cup Olive Oil
- 2 cups Pumpkin, cut into 3/4 inch dice
- 1 Red pepper, seeded and cut into 1/4 inch dice
- 2 cups Chicken Broth
- 1 tsp. Cumin seeds
- 2 cups plum tomatoes, chopped, juices reserved
- 2 Cloves minced Garlic
- 2 cans Black Beans, drained and rinsed
- 1 tsp. Oregano
- Salt and Pepper
- 1/4 tsp. Ground Cinnamon
- 12 ounces Medium -Wide Egg Noodles, cooked and drained
- 1 tsp. Paprika
- 2 Jalapeno Peppers, seeded and finely minced*
- 2 cups Thawed frozen corn kernels
- 1/4 cup Toasted Pumpkin Seeds, optional

Heat olive oil until hot. Add red pepper and saute for 5 minutes or until somewhat tender. Add the cumin seeds and saute a few seconds until you get a whiff of their aroma. Add garlic, oregano, cinnamon, cloves and paprika and saute for a few seconds or until aromatic. Add corn, pumpkin, tomatoes with their juices, the broth and bring to boil. Cover and simmer for 15 minutes or until pumpkin is almost tender. Add beans, cover and simmer another 5-10 or until pumpkin tender. (add water if necessary) Salt and pepper to taste. Spoon over noodles. Garnish with jalapeno pepper and pumpkin seeds. Yield: 4 serving



Sugarless Pumpkin Pie

1 1/2 cups pumpkin
2 tablespoons granulated sugar substitute
1 teaspoon ginger
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon salt
2 egg whites, beaten to froth
1 cup sweetened condensed milk

Blend all ingredients.

Pour into an unbaked pie shell.

Bake 45 minutes in preheated 375 degree oven



Pumpkin Pecan Pie

Pumpkin Layer:

1 cup pure pumpkin puree	1 teaspoon pumpkin pie spice
1/3 cup granulated sugar	1 unbaked 9-inch deep-dish pie shell
1 large egg	

Pecan Layer:

2/3 cup light corn syrup	3 tablespoons butter or margarin(melted)
1/2 cup granulated sugar	2 teaspoon vanilla
2 large eggs	1 cup pecan halves

Pumpkin Layer : combine pumpkin, sugar, egg and pumpkin pie spice in medium bowl; stir well. Spread over bottom pie crust.

Pecan Layer: combine corn syrup, sugar, eggs, butter and vanilla in same bowl; stir in nuts. Spoon over pumpkin layer.

Bake in preheated 350 degrees oven 50 minutes or until knife inserted in center comes out clean. Cool on wire rack.

Makes 8 servings



Pumpkin Cheesecake 2

3/4 cup Sugar
3 Egg Yolks
1/2 tsp. Nutmeg
1/4 tsp. Salt
1/4 + 2 Tbsp. Sugar
2 Tbsp. Whipping Cream
3-8 oz. Cream Cheese, softened
1 tsp. vanilla

1 tsp. Lemon Extract
3/4 cup Pumpkin
2 tsp. Cinnamon
1/2 tsp. Ginger
1 Egg
1 tsp. vanilla

CRUST:
3/4 c Graham Cracker Crumbs
1/2 c Ground Pecans
1 Tbsp. Sugar
2 Tbsp. Brown Sugar
1/4 c Margarine, melted
1 Tbsp. Cornstarch

CRUST: Combine crust ingredients, mix well. Press firmly into a 9 or 10 inch spring form pan.

CHEESECAKE: Combine 3/4 cup sugar, pumpkin, 3 egg yolks, cinnamon, nutmeg, ginger cloves, and salt. Mix well and set aside. Beat cream cheese until light and fluffy with an electric mixer. Gradually add 1/4 + 2 Tbsp. sugar, mixing well. Add egg, egg yolk, and whipping cream, beating well. Add cornstarch and flavorings; beat til smooth. Add pumpkin mixture; mix well. Pour into prepared pan. Bake at 350 degrees for 50-55 minutes. (Center may be soft but will firm when chilled). Cool on wire rack, then chill thoroughly. Can place in freezer and then packaged air-tight after freezing. Thaw in refrigerator day of use.



“Great Pumpkin” Cookie Recipe

2 cups Flour
1 cup Quick Oats, uncooked
1 tsp. Baking Soda
1 tsp. Ground Cinnamon
1/2 tsp. Salt
1 cup Margarine, softened
1 cup Brown Sugar,
Firmly packed

1 cup Granulated Sugar
1 Egg, slightly beaten
1 tsp. Vanilla Extract
1 cup Pumpkin Puree
1 cup Semi-Sweet Chocolate Morsels
Assorted Icing or Peanut Butter
Assorted Candies, Raisens, Nuts

Preheat oven to 350 degrees. Combine flour, oats, baking soda, cinnamon, and salt. Cream butter; gradually add sugar, beating until light and fluffy. Add egg and vanilla; mix well. Alternate additions of dry ingredients and pumpkin, mixing well after each addition. Stir in morsels. For each cookie, drop 1/4 cup dough onto lightly greased cookie sheet; spread into pumpkin shape, using a thin metal spatula. Add a bit more dough and form stem. Bake 20-25 minutes, until cookies are firm and lightly browned. Remove from cookie sheets; cool on racks. Decorate, using icing and peanut butter to affix assorted candies, raisins or nuts. Yield 19-20 cookies. May substitute 1 cup raisins for morsels.



Pumpkin Dream Bars

1/2 cup Butter, softened	1 cup Sugar
1/3 cup Sugar	4 Eggs
1 cup Quaker Oats, uncooked	2 cup Pumpkin
3/4 cup All-Purpose Flour	1/2 cup Karo Syrup, light or dark
2 - 8 oz. Cream Cheese, Softened	2 tsp. Cinnamon

Heat oven to 350 degrees. Grease 13 x 9" baking pan. Beat butter and sugar until fluffy. Add combined oats and flour; mix well. Spread evenly onto bottom of prepared pan.

Bake 18-20 minutes or until light golden brown. Cool slightly. Beat cream cheese and sugar at medium speed of electric mixer until fluffy. Add eggs, one at a time, beating well after each. Add remaining ingredients, mix until smooth. Pour over partially cooled crust.

Bake an additional 45-50 minutes or until center appears set. Cool completely on wire rack.

Chill. Serve with whipped cream, if desired. Makes 20 bars.



Orange Pumpkin Cake Squares

1/3 cup Frozen Orange Juice Con., thawed & undiluted
 1/2 tsp. Baking Soda
 1/2 cup Shortening
 1/2 tsp. Ground Allspice
 1-1/2 cups Sugar
 1/2 tsp. Ground Cloves
 1 cup Pumpkin, cooked and mashed
 1/2 tsp. Ground Cinnamon
 2 Eggs, beaten
 3/4 tsp. Salt
 1-2/3 cup All-Purpose Flour
 1/2 tsp. Ground Nutmeg
 1 tsp. Baking Powder
 Whipped Cream,
 Walnut Halves

Cream shortening; gradually add sugar, beating well. Add pumpkin, eggs, and orange juice concentrate; mix well. Combine remaining ingredients, except whipped cream and walnut halves, mixing well; stir into pumpkin mixture. Pour into greased and floured 13x9x2" baking pan. Bake at 350 degrees for 30-35 minutes or until a wooden toothpick inserted in center comes out clean. Cut into squares to serve. Top with whipped cream and walnut half. Makes 12-15 servings.



Old Fashioned Pumpkin Pie

2 Eggs, slightly beaten	2 cups Pumpkin, cooked and pureed
3/4 cup Sugar	1 tsp. Cinnamon
1/2 tsp. Salt	1/4 tsp. Cloves
1/2 tsp. Ginger	1 - 9" Pie Shell, unbaked
1-2/3 cup (13 oz.) Evaporated Milk	

Preheat oven to 425 degrees. Mix ingredients in the order given in a large bowl. Pour into pastry shell. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 degrees and bake 45 minutes longer or until knife inserted into center of the pie filling comes out clean.

For a delicious variation: melt chocolate chips and pour over the top of the pie.
To serve, top each piece of pie with a dollop of whipped cream and chocolate shavings on top.

Pumpkin Chicken with Fettuccini

1/2 cup Olive Oil*
6 Tbsp butter
1/2 tsp. Garlic Powder
1/4 tsp. Garlic Salt -
1/2 cups Pureed Pumpkin
14 ounces chopped tomato
1/2 tsp. Salt
2 cups Water
2 ounces Gruyere Cheese
1/2 tsp. Dried Basil
1 ounce Chicken Bouillon
2 ounces Parmesan Cheese
1-1/2 pounds chicken breasts, boneless, skinless
12 fresh Basil Leaves, chopped
2 ounces Whipping Cream
1/4 cup chopped onion/green pepper
6 Tbsp. Flour
Boxed Fettuccini, cooked per directions

Marinate chicken in olive oil, garlic salt, salt, and dried basil in plastic bag overnight. Grill chicken until cooked through. Remove from grill, cool, slice thinly and set aside. Brown onions and green pepper in butter in large skillet over medium heat. Add water. After liquid hot, thicken with flour. Add chicken bouillon, basil leaves, garlic powder, tomato, pureed pumpkin. Add thinly sliced chicken to sauce and cook slowly on low heat until ready to serve.
Before serving over Fettuccini, add Gruyere cheese, parmesan cheese, and whipping cream to sauce.
Garnish with parmesan cheese and basil. Serves 4.



Pumpkin Oatmeal Loaf

1 cup Uncooked Quick-Cooking Oats
1 tsp. Vanilla
1 cup Raisins
1 cup Dates, finely chopped
2 Eggs, beaten**1-1/2 Tbsp Baking Powder
1/2 cup Pumpkin, cooked and mashed
1 tsp Vanilla
1 tsp. Cinnamon
1 cup Pecans, chopped
1-1/2 cups Hot Milk
1 tsp. Salt
1 cups All-Purpose Flour
3/4 cup Sugar
1/4 tsp. Nutmeg

Combine oats, dates, raisins, pecans, and milk; mix well and let stand 10 minutes. Stir in vanilla, eggs, and pumpkin. Combine remaining ingredients; mix well and gradually stir into oat mixture. Spoon into greased and floured 9x5 loaf pan. Bake 350 degrees about 1 hour and 5 minutes (or until toothpick comes out clean). Cool. Makes 1 loaf.



Pumpkin Bars

2 cups Sugar	2 cups Bisquick
1/2 cup Vegetable Oil	2 tsp. Cinnamon
2 cups Pumpkin	1/2 cup Raisins or Chocolate Chips
4 Eggs, beaten	

Beat sugar, oil, pumpkin, and eggs for 1 minute at medium speed. Add bisquick, cinnamon, and raisins. Mix together with a spoon. Pour into a well greased jelly roll pan. Bake at 350 degrees for 20-25 minutes. Dust with powdered sugar when cooled. Store in the refrigerator.



Quick Pumpkin Pudding

- 1 Package (5oz) Instant vanilla pudding
- 1 can (12 oz) Evaporated milk or 1 1/2 cups regular milk
- 1 can (15 oz) pure pumpkin puree
- 1 teaspoon pumpkin pie spice
- Whipped cream

Beat pudding mix and evaporated milk according to package directions in a large bowl.

Chill 5 minutes.

Add pumpkin and pumpkin pie spice; mix well.

Spoon into dessert dishes.

Chill 10 minutes or until ready to serve.

Top with whipped cream before serving.

Makes 8 servings



Orange Glazed Cranberry Pumpkin Bread

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| 3 1/2 cups flour | 1 16 oz can whole berry cranberry sauce |
| 1 2/3 cups sugar | 1 16 oz can solid pack pumpkin (? fresh?) |
| 2 teaspoons baking soda | 3/4 cup chopped pecans |
| 2 teaspoons pumpkin pie spice | 2/3 cup oil |
| 3/4 teaspoon salt | 4 eggs |
| 1 teaspoon baking powder | |

Glaze: 1 cup confectioners sugar, 1/4 cup undiluted orange juice concentrate, 1/8 tsp allspice

Mix flour, sugar, baking soda, pumpkin pie spice, salt, baking powder in a large bowl.

Stir together remaining ingredients in a second bowl.

Add pumpkin mixture to flour mixture.

Stir until well moistened.

Pour batter into two greased loaf pans.

Bake at 350 degrees for 65 minutes. Completely cool, then drizzle glaze over tops and sides.

Glaze: Mix confectioners sugar, undiluted orange juice concentrate, and allspice.



