



## Carving Pumpkin Recipes

Before you start eyeing your 20 pound Halloween pumpkin for a couple of pies, hold onto your butcher knife: Not all pumpkins are created equal for cooking.

There are carving pumpkins and eating pumpkins. All pumpkins are edible but carving pumpkins have low sugar levels...they also have thinner wall and are stringy. If you want to make a good pie, what you need is the smaller – no larger than 5 pounds – and sweeter Sugar or New England Pie varieties.

While Thurber (a 3rd generation farmer at Lilac Ridge Farm in Brattleboro VT) would not make a pie with a carving pumpkin, she does not rule it out for other foods: "You could cook a Jack o'Lantern (variety)...it's not sweet or flavorful and it's stringy. But it would be good pureed for soups or pumpkin bread," she says. (See Pumpkin Puree recipe, below)  
[www.theheartofnewengland.com/food.html](http://www.theheartofnewengland.com/food.html)

Look at all the wonderful things you can make out of carving pumpkin puree. How about collecting carved pumpkins from the neighborhood (with their permission of course!) and put up a big batch of puree for the winter?

### Carving Pumpkin Puree (Very Easy)

Pureed pumpkin can be added to pancakes, mousse, soups, frostings, breads, etc. Here's how to do it:

Cut pumpkin in half and scoop out seeds and any strings. Put the open sides face-down in a roasting pan, and add ¼ cup of water to the pan. Bake about 1 hour, or until soft when pierced with a knife. Let pumpkin pieces cool until they can be handled. Scoop and scrape out pumpkin flesh and mash well with a potato masher or put into a food processor or blender to puree. You can freeze the puree 1/2-cup increments in freezer bags for use later.

### Carving Pumpkin Pancakes...yummy

Add ½ cup of pumpkin puree (see above) and ¼ teaspoon cinnamon to your favorite pancake mix.

### Carving Pumpkin Vinaigrette

Here's an unusual pumpkin salad dressing. Make it fresh, right before serving.

1 clove garlic, minced  
1 teaspoon honey or maple syrup  
½ teaspoon salt  
1/8 teaspoon freshly ground black pepper  
2 tablespoons pumpkin puree  
2 tablespoons of rice vinegar (found in Japanese food section of supermarket)  
4 tablespoons extra-virgin olive oil

Combine all ingredients except the olive oil into a small bowl. Whisk well. Add olive oil and whisk until incorporated. Makes 1 cup.

### Decadent Carving Pumpkin Soup

by Marcia Passos Duffy

Okay, this is not low fat or low carb or low sugar or anything related to a "good" diet. BUT, it tastes wonderfully rich!

2 tablespoons butter  
½ cup chopped onion  
6 cups chicken broth  
3 cups pumpkin puree  
¼ teaspoon ground ginger  
¼ teaspoon ground cloves  
¼ cup brown sugar  
1 cup heavy cream  
¼ cup dry red wine  
Salt and pepper to taste  
nutmeg

Heat the butter in a heavy saucepan and sauté the onion until it is soft. Stir in the chicken broth, pumpkin, sugar and spices. Continue stirring and bring to a boil. Lower the heat and simmer for 20 minutes, stirring occasionally. Add the cream and adjust seasonings to taste. Add red wine and carefully bring the soup to a boil. Serve immediately (or can be served cold). Sprinkle with nutmeg is desired to garnish. Serves 6-8.

### Pumpkin Bread

by Charlie Burke (organic farmer and avid cook)  
In this recipe, the sum is greater than the parts, resulting in a moist, flavorful blending of the pumpkin and the spices. Spices lose their flavor hiding in the cupboard, so it's worth the money and effort to get them fresh for fall cooking. Saigon cinnamon, available in supermarkets, is far more flavorful than generic cinnamon. For some reason, the flavor of this bread improves if held for a day.

1 pound fresh pumpkin puree  
3 ½ cups flour  
1 cup canola oil  
3 cups sugar  
4 eggs  
2 teaspoons baking soda  
1 teaspoon baking powder  
2 teaspoon salt  
½ teaspoon cinnamon  
1 teaspoon nutmeg  
2/3 cup cold water

Preheat oven to 325 degrees. Peel, seed and cut pumpkins into 1 -2 inch pieces. Steam pumpkin until soft. Puree pumpkin in a food processor until smooth. In a large bowl, beat together the sugar, the oil, pumpkin and eggs. In a second bowl, sift together all the dry ingredients. Fold this into the other mixture, add the water and mix well.

Grease and flour two loaf pans and pour the batter into the pans. Bake for 1 hour or until a tooth pick inserted into the center comes out clean. Cool in pans on a rack for at least 10 minutes, then turn out of pans and complete cooling. Wrap in foil until served.

### Raw pumpkin seed recipe (extremely easy)

Simply remove the seeds from the pumpkin, wipe them off (do not rinse under water as it drains flavor and nutrition and takes more time and effort) and leave them to dry overnight. You can then choose whether to use them raw or to roast them. Once dry they can also be stored in an airtight container in the refrigerator for a month or two until you require them.

### Spicy Baked Pumpkin Seeds

Place pumpkin seeds on ungreased cookie sheet. Mix together a drizzle of oil or butter and Tabasco sauce and drizzle over the seeds. Combine spices\* and sprinkle over the coated seeds. Toss well to coat. Bake at 300F degrees 35-45 minutes until golden brown and crisp, stirring seeds once halfway through baking. Store in airtight container.

\*spices of your choice: cinnamon, cumin, curry, chili powder, cayenne, lemon pepper, jerk spice