

Delicious *Pumpkin Recipes*



Delicious Pumpkin Recipes

This free booklet is prepared with recipes received from friends. We have put the reference when available. You will love them sooooo much !

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The fabulous photo on the ecover is from a great artist: Mrs Dawn Allynn. You can see her other great work on [her own web site](#).

The little gifs are from “[Free Gifs and Animations](#)” and from [libidules](#).

A special “Thank You” to each one of these unknown culinary artists” which helped us to prepare this booklet for you.



Vivyrelax

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Stir fried Pumpkin

- 1 cup of water
- 1 tablespoon of vegetable oil
- 1 teaspoon sugar
- 2 cups pumpkin
- peppercorns
- cloves garlic
- 2 tablespoons fish sauce or salt

Peel the skin off from the pumpkin. If you are using delicata squash or other thin skin squash, you don't need to peel off the skin. Remove seeds and spongy part of the pumpkin. Cut into pieces that are an inch long and half an inch thick.

Crush peppercorn and garlic in a mortar. In an absence of mortar and pestle, chop garlic and use ground pepper.

Heat up the wok on high heat. Add oil and garlic and pepper. Stir fry until garlic starts to brown. Add the pumpkin. Stir to coat the pumpkin with the garlic and pepper mixture. Add water and stir. It should take about 5 minutes or so for the water to reduce and pumpkin to cook. If you are using delicata, it will cook in no time so add less water. But if you find the pumpkin still hard, add more water. Add fish sauce and sugar while there is still water in the wok. The seasoning will penetrate the squash to give a consistent flavor throughout the pieces. It should be a little bit mushy when done.

Serve with hot rice.



Roasted Pumpkin Seeds

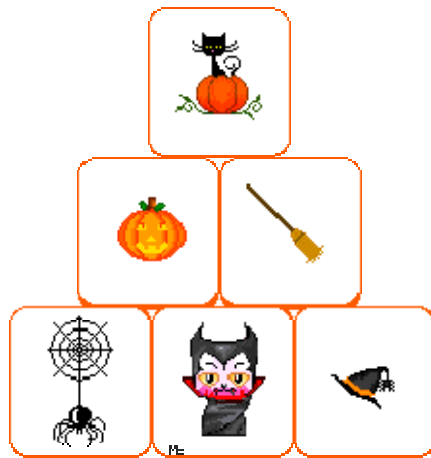
Turn the seed of your scooped-out-jack o' lantern into a tasty treat!

1. Wash the seeds and soak them overnight in salt water.

2. Pat the seeds dry and spread them on a cookie sheet.

3. Toast the seeds in the oven (250 degrees F/ 121 degrees C) for two or three hours, stirring occasionally.

Be sure to ask a grown-up for help when working with an oven!



Pumpkin Pie

- 16 ounces can pumpkin
- eggs
- tablespoons honey
- tablespoon orange juice
- cup of evaporated skim milk
- 1 1/2 teaspoons cinnamon
- 1/2 teaspoon nutmeg
- dash of ground cloves
- 9 inches pie crust

Beat pumpkin, eggs, honey, orange juice, milk, cinnamon, nutmeg, and cloves together.

Pour into pie crust.

Bake in 375 degree oven for 50 to 60 minutes, or until a knife comes out clean.



Pumpkin and Black Bean Soup

- 2 tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 3 cups canned or packaged vegetable stock
- 1 can (14 ½ ounces) diced tomatoes in juice
- 1 can (15 ounces) black beans, drained
- 2 cans (15 ounces) pumpkin puree
- 1 cup heavy cream
- 1 tablespoon curry powder
- 1 ½ teaspoons ground cumin
- ½ teaspoon cayenne pepper
- coarse salt
- 20 blades fresh chives, chopped or snipped, for garnish

Heat a soup pot over medium heat. Add oil. When it is hot, add onion. Sauté onions 5 minutes. Add broth tomatoes, black beans, and pumpkin puree. Stir to combine ingredients and bring to a boil. Reduce heat to medium low and stir in cream, curry, cumin, cayenne and salt to taste. Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.



Pumpkin Pie Filling

- $\frac{3}{4}$ cup light brown sugar
- 1.2 teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- 2 eggs
- 1 (15 ounces) can solid pack pumpkin
- 1 (12-ounces) can evaporated milk

In a small bowl, combine sugar, salt and spices. Beat eggs in a large bowl. Stir in pumpkin and evaporated milk. Pour into pie shell. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 and bake for 45 minutes or until firm.

Here is the recipe for our pumpkin Pie Filling. Enjoy!



Pumpkin Fruit Cake

- 125g butter or 5oz butter
- ½ cup firmly-packed brown sugar
- 2 eggs
- 2 tbsp golden syrup (warmed slightly)
- 2 tbsp honey (warmed slightly)
- 1 tbsp rum, cognac, vodka or whisky
- 1 tsp vanilla essence
- 1 cup warm, mashed pumpkin
- 2 cups self-raising flour
- 400g mixed dried fruit or sultanas (as preferred) or 15oz dried fruit
- 2 tsp lemon juice

Pre-heat the oven to 180C (350F).

Grease a 20cm (8 inch) round cake tin and line the base and sides with one thickness of greased, greaseproof paper.

Cream the butter and sugar. Add the eggs one at a time, beating well after each addition. Beat in the syrup, alcohol, vanilla and pumpkin until well combined. Fold in the sifted flour. Stir in the dried fruit. Spoon the batter into the prepared cake tin.

Place on the centre rack of the oven and bake for one hour, turning the tin around and baking for a further 30 minutes, or until cooked when tested.

Remove the cake from the oven and allow to cool in the tin for 30 minutes, then turn out the cake onto a rack and allow to cool completely.

When fully cooled, enclose the cake in an airtight plastic bag. Store in a cool, dry place for at least two days to mature. When cut, the cake pieces will hold their form (if not matured the cake pieces will crumble when cut). The cake will keep for at least a week.



Pumpkin Cinnamon Buns

- 1 pkg. active dry yeast
- 1/3 c. warm water
- 2 T. granulated sugar, divided
- 2 eggs
- 2 T. butter or margarine, softened
- 1/4 c. mashed pumpkin
- 1/2 t. salt
- 2 1/4 c. all purpose flour
- 1/3 c. packed light brown sugar
- 1 t. ground cinnamon
- 2 T. melted butter or margarine

In small bowl, sprinkle yeast over warm water; stir until dissolved. Stir in 1 t. sugar, let stand until mixture foams, about 10 minutes. In large bowl, beat eggs lightly. Add remaining sugar, softened butter, pumpkin and salt. Mix well. Beat in yeast mixture. Add 1 1/4 c. flour; beat on low speed for 5 minutes, constantly scraping sides of the bowl down. Add remaining flour; mix well (dough will be soft). Place dough in large, greased bowl, turning to coat all sides. Cover; let rise in warm, draft-free place for about an hour or until doubled. Punch dough down. Turn onto floured surface; knead a few times to make a smooth dough. Roll into 10x12 inch rectangle. In small bowl, combine brown sugar and cinnamon. Brush surface of dough with melted butter. Sprinkle with brown sugar mixture. Beginning with wide side of dough, roll up firmly, jelly roll style. Pinch seam to close. With sharp knife, cut roll into 12 slices, 1 inch wide. Place rolls, cut side up, in 13 x 9" baking pan. Cover, let rise 45 minutes or until nearly doubled. Bake at 350 degrees for 25 - 30 minutes or until golden brown. Immediately remove rolls from pan and place on wire cooling rack, right side up. Cool 10 - 15 minutes. Drizzle with Caramel Frosting.

Caramel Frosting

In small saucepan, melt 1/4 c. butter. Stir in 1/2 c. packed brown sugar and 2 T. milk. Bring to a boil; cook over med. heat for 1 minute, stirring constantly. Transfer to small mixer bowl; cool. Add 1/2 - 3/4 c. powdered sugar and 1/4 t. vanilla extract. Beat well.



Pumpkin Soup with Leeks and White Wine

Makes 4 servings

Each serving equals one 5 A Day vegetable serving

- 6 leeks split in half lengthwise
- 2 tablespoons olive oil
- 3 cloves garlic, crushed
- 4 sprigs thyme
- 2 bay leaves
- 5 sprigs parsley
- 1 cup white wine
- 1½ pounds pumpkin peeled
- 5 cups low sodium chicken stock
- ½ cup skim milk
- ½ cup fat-free half and half

In a large skillet, heat the olive oil. Add the leek and garlic, stirring to coat with the oil. Sweat until the leek is fragrant and soft, but not brown. Add the thyme, parsley and bay leaves. Cook 2 minutes. Turn the heat to high and add the wine. Reduce to 2 tablespoons; add the stock and the pumpkin. Simmer until the pumpkin falls apart, 20 to 25 minutes. Discard the herbs. Puree the soup, add milk and cream. If soup is too thick add a little more broth. Stir and serve.

Source: Centers for Disease Control



Pumpkin Pudding

Makes six servings.

- 4 eggs
- 1 one pound can pumpkin
- 1/2 cup light molasses
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1 cup milk

Break the eggs into a large bowl, and beat with a fork until light yellow. Add the pumpkin, cinnamon, ginger, molasses, and milk. Stir well. Pour mixture into a greased casserole dish. Bake at 350° for 1 hour or until the pudding is firm in the middle. Refrigerate any leftovers.

Source: University of Illinois Extension



Pumpkin Pancakes

- 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 molasse, or maple syrup
- 3 to 4 tablespoons buttermilk or milk
- 2 tablespoons unsalted butter, or margarine, melted
- 1/2 cup chopped pecans or hazelnuts, optional
- Powdered sugar for dusting

In a large bowl, sift together flour, baking powder, salt, and pumpkin pie spice. Set aside. In another bowl, beat egg slightly. Add pumpkin puree, molasses or syrup, milk or buttermilk and melted butter or margarine. Mix until smooth. Blend in the dry ingredients all at once. Mix until batter is smooth. Allow batter to rest for 30 minutes or more. Stir nuts into batter, and add additional tablespoon of buttermilk or milk if batter is too thick. 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. Place on a platter and set platter in a warm oven. Continue making pancakes until all batter is used. Makes about 24, 3-inches pancakes. Garnish with powdered sugar or serve with corn syrup, maple syrup or your favorite pancake syrup.

Source: University of Arizona Cooperative Extension



Russian Stuffed Pumpkin recipe

- 4 lb Pumpkin
- 1 1/2 c Long-grain rice
- 2 lg Tart cooking apples (like Granny Smith), peeled, cored and diced
- 1/2 c Golden raisins
- 1/2 c Dried sour cherries (available in specialty food stores)
- 8 tb (1 stick) unsalted butter, melted
- 1 tb Sugar or more to taste
- 3/4 ts Ground cinnamon
- Salt to taste
- 1/4 c Hot water

This spectacular stuffed pumpkin can be the centerpiece of your holiday table! Cut the stem end of the pumpkin as if you were about to carve a jack o'lantern. Set aside "lid". Remove insides of pumpkin and discard (or save to roast and munch on). Using a grapefruit knife or melon baller, scoop out the flesh of the pumpkin as much as you can without piercing the skin. Chop flesh and set aside. In lg saucepan, bring 3 qts of salted water to boil and dump in the rice. Cook over high heat, covered until still a bit hard to the bite...about 15 minutes. Drain well. Meanwhile, preheat oven to 325 degrees F. In large bowl, combine, pumpkin, partially cooked rice, raisins, dried sour cherries and melted butter. Season with sugar, salt and cinamon. Spoon stuffing loosely into pumpkin, sprinkle with the hot water and put "lid" on tightly. Place on baking sheet and bake till pumpkin is tender to a point of a knife...about 2 hrs. Cut into wedges and serve.

**Note: If some of the units or abbreviations look unfamiliar to you, [click here](#).*

Recipe source: Dr. Donald Houston's collection. ORIGIN: Pavel & Anya Porzhinko, Tula-Russia, circa 1994



You will love this last one 😊

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<http://www.vivyrelax.com/greatstuff/pumpkin.html>



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