



Home On The Range



Pumpkin Time In The Kitchen

Good pumpkin starts with a ripe pumpkin that has hard, shiny skin with no soft or rotten spots. Make sure the stem end has no soft spots. If this is soft, the rest of the pumpkin will spoil easily. Generally, smaller pumpkins are more tender. A five-pound pumpkin yields about 4½ cups mashed, cooked pumpkin, the amount needed for two 9-inch pies.

To cook, halve or quarter pumpkin and scoop out seeds and strings. Cut into smaller pieces and cut off rind.

To cook on range top: Place pumpkin in pan with a small amount of water. Cover and cook until tender. Drain, mash, and let drain again in a strainer to remove excess liquid.

To bake: Cut into pieces and bake in an ungreased baking dish pan in a 350 degree oven for 40 to 50 minutes. Scoop out pumpkin and mash.

One-half cup pumpkin provides five times the U.S. RDA for vitamin A. It also contains about 10 percent of the minimum requirement for potassium.

FRIED PUMPKIN

Slice neck part of pumpkin into ¼-inch slices and peel. Dip in slightly beaten egg; dip in cracker or bread crumbs. Fry until tender and golden brown. Use the round end of pumpkin for pies.

Another reader, Rhoda Sauder, writes that she sprinkles the sliced pumpkin with salt and lets set for 15 minutes before frying to help draw moisture from the pumpkin before dipping in flour.

Anna E. Zerr, Geigertown
Mrs. Risser, Hershey

PUMPKIN CAKE

4 eggs
1 cup oil
2 cups sugar
1 cup pumpkin
2 teaspoons cinnamon
1 teaspoon baking soda
2 cups flour
½ cup nuts, optional

Frosting:
4 ounces cream cheese
6 tablespoons butter
2 cups confectioners' sugar
2 teaspoons vanilla
2 teaspoons milk

Combine ingredients. Pour into greased and floured 9x13-inch cake pan. Bake at 350 degrees for 20 to 25 minutes. Cool cake before frosting.

Shelly Taylor
Andreas

PUMPKIN ROLL

3 eggs, beat for 5 minutes
1 cup sugar
½ cup pumpkin
¼ cup flour
1 teaspoon baking soda
2 teaspoons cinnamon

Beat eggs for 5 minutes. Blend in other ingredients. Grease and flour a jelly roll pan. Pour mixture into pan. Bake at 350 degrees for 15 to 20 minutes. Let cake cool 5 minutes. Sprinkle a piece of wax paper with confectioners' sugar. Invert cake onto wax paper and roll up on a tea towel; let cool 30 minutes. Unroll cake, spread filling on cake; roll up again, and refrigerate until chilled.

Filling:
Beat together and spread on pumpkin cake:

8 ounces cream cheese
1 cup confectioners' sugar
4 tablespoons butter
½ teaspoon vanilla

Mrs. Risser
Hershey

PUMPKIN SPICE MUFFINS

½ cup pumpkin
½ cup milk
1 egg
2 cups biscuit mix
¼ cup sugar
½ teaspoon ground nutmeg
½ teaspoon cinnamon
½ teaspoon ginger

Streusel topping:
1 tablespoon biscuit mix
2 tablespoons sugar
¼ teaspoon cinnamon
2 teaspoons butter, softened

In a mixing bowl, combine pumpkin, milk, and egg. With a fork, combine dry ingredients; add to mixing bowl and stir only until moistened. Spoon into well-greased muffin tins. Combine streusel ingredients, sprinkle over muffins. Bake at 400 degrees for 15 minutes or until golden brown. Serve warm. Makes one dozen.

PUMPKIN SNACK CHIPS

½ pound pumpkin
½ teaspoon garlic
1½ tablespoons curry powder
Oil for cooking

Peel and seed pumpkin. Slice as thin as possible into potato chip size. Place in ice water in a refrigerator to chill for 45 minutes. Drain well. Dry with paper towels. Deep fry until browned. Sprinkle with combined seasoning.

Josephine Matenus
Dallas

PUMPKIN PUDDING

1 cup cooked pumpkin
1 tablespoon molasses
¼ teaspoon cinnamon
¼ teaspoon cloves
¼ teaspoon salt
1½ cups cold milk
Small package instant vanilla pudding mix
½ cup whipping cream, whipped

In mixing bowl, combine pumpkin, molasses, and spices. Add milk and pudding mix; beat slowly until thick, about 1 minute. Fold in whipped cream. Pour into bowl. Chill for 1 hour. Top each serving with additional whipped cream and cinnamon if desired.

Yields: 9-12 servings.
Anita Moyer
Bernville

PUMPKIN BARS

4 eggs
1½ cups sugar
1 cup vegetable oil
2 cups pumpkin
2 cups flour
2 teaspoons cinnamon
2 teaspoons baking powder
1 teaspoon baking soda

Beat eggs, sugar, oil, and pumpkin. Combine flour, cinnamon, baking powder, and baking soda. Gradually add to pumpkin mixture and mix well. Pour into ungreased 15x10-inch pan, bake at 350 degrees for 25 to 30 minutes. Cool completely. Frost with cream cheese frosting.

Cream cheese frosting:
3-ounces cream cheese, softened
2 cups confectioners' sugar
¼ cup butter
1 teaspoon vanilla
1 to 2 tablespoons milk

Beat cream cheese, sugar, vanilla, and butter. Add enough milk to achieve desired consistency to spread.

Nancy Kramer
Newmanstown

PUMPKIN CHEESECAKE BARS

1 cup flour
½ cup light brown sugar
5 tablespoons butter
½ cup nuts, chopped
8-ounce package cream cheese, softened
¼ cup granulated sugar
½ cup pumpkin
2 eggs, beaten
1½ teaspoons cinnamon
1 teaspoon allspice
1 teaspoon vanilla

Preheat oven to 350 degrees. In medium bowl, combine flour and brown sugar. With pastry blender, cut in butter until mixture forms coarse crumbs. Stir in nuts. Set aside ¼ cup crumbs for topping. Press remaining crumbs into an 8-inch square baking pan. Bake 15 minutes; cool slightly.

In large bowl with mixer at medium speed, combine cream cheese, sugar, pumpkin, eggs, spices, and vanilla. Blend until smooth. Pour over baked crust. Sprinkle with reserved topping. Bake 30 to 35 minutes or until cheesecake is set. Cool in pan.

Nancy Kramer
Newmanstown



Winter's Pumpkin Chowder is a recipe you'll love.

IMPOSSIBLE PUMPKIN PIE

¼ cup sugar
½ cup biscuit baking mix
2 tablespoons butter
13-ounce evaporated milk
2 eggs
1 cup cooked pumpkin
2½ teaspoons pumpkin pie spice, optional
2 teaspoons vanilla

Heat oven to 350 degrees. Grease pie plate. Beat together all ingredients for 1 minutes in blender or 2 minutes with a hand mixer. Pour into pie plate and bake until knife comes out clean, about 50 to 55 minutes. Pie forms its own crust as it bakes.

Helen Hagenbuch
Danville

PUMPKIN BREAD

1½ cups sugar
2 eggs
1 cup pumpkin
½ cup vegetable oil
Beat sugar, eggs, pumpkin and oil and stir in with a spoon:
1½ cups flour
½ teaspoon salt
½ teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon cloves
½ cup raisins
½ cup chopped nuts

Bake at 350 degrees for 65 minutes.

Tina Forry
Quentin

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Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

November

- 13- Cooking With Honey
- 20- Thanksgiving Favorites
- 27- Your Favorite Bread Recipes

December

- 4- Your Favorite Christmas Cookies

Featured Recipe

Winter's Pumpkin Chowder is an intriguing dish that uses cooked turkey. The chowder features pumpkin blended with flavors from brown sugar, cinnamon, and onion. Low-fat plain yogurt and parsley are the perfect garnishes for this meal appetizer.

The recipe is from the Pennsylvania Dairy Promotion Program.

WINTER'S PUMPKIN CHOWDER

4 tablespoons butter
1 tablespoon minced onion
16-ounce can pumpkin
1 cup water
2 tablespoons brown sugar
½ teaspoon salt
¼ teaspoon white pepper
¼ teaspoon ground cinnamon
3 chicken bouillon cubes
2 cups minced cooked turkey
2 cups milk
8 ounces low-fat plain yogurt.
Minced parsley for garnish

In a 2-quart saucepan over medium heat, cook onion in butter until tender. Stir in pumpkin, water, sugar, salt, pepper, cinnamon, bouillon, and turkey. Bring mixture to a boil and cook 5 minutes. Stir in milk and heat thoroughly. To serve, ladle into bowls; top with yogurt and minced parsley.