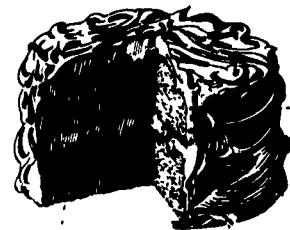


Home On The Range



Pumpkin Specialties

According to legend, Squanto, an English-speaking American Indian from the extinct Pawtuxet tribe, helped the Pilgrims survive their first year in the New World by supplying pumpkins to the Plymouth Rock colonists and teaching them how to grow the edible vine-ripened vegetable.

Ever since, pumpkins have been a popular plant to grow and eat.

In addition to offering an abundance of vitamin A in the form of beta-carotene, a one-cup serving of pumpkin offers 500 mg of potassium as well as valuable nutrients such as vitamin C, iron, riboflavin, calcium, protein, phosphorus, and magnesium.

A one-cup serving of pumpkin has only 80 calories, 10 mg of sodium, and one gram fat.

PUMPKIN YOGURT

1 cup vanilla lowfat yogurt
 ½ cup cooked pumpkin
 ½ teaspoon ground cinnamon
 Stir together yogurt, pumpkin, and cinnamon. Keep refrigerated.
 Libby's

PUMPKIN ORANGE OAT MUFFINS

1½ cups all-purpose flour
 1½ cups rolled oats or oat bran
 1 cup sugar
 1 teaspoon baking powder
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 ½ teaspoon ground nutmeg
 ½ teaspoon salt
 1 cup cooked pumpkin
 ½ cup vegetable oil
 2 egg whites
 1 tablespoon grated orange zest
 2 tablespoons rolled oats
 In large bowl, combine flour, rolled oats, sugar, baking powder, baking soda, cinnamon, nutmeg, and salt; set aside. In medium bowl, combine pumpkin, oil, egg whites, and orange rind. Add liquid ingredients to dry ingredients; stir until moistened. Spoon into greased or paper-lined muffin cups, filling to top. Sprinkle each muffin with ½ teaspoon rolled oats if desired. Bake in preheated 375 degree oven for 20 to 25 minutes or until toothpick comes out clean. Cool in pan 3 to 4 minutes. Remove from pan; cool on rack.
 Libby's

PUMPKIN ROLL

3 eggs
 1 cup sugar
 ⅓ cup canned pumpkin
 ¼ cup flour
 1 teaspoon baking powder
 1 teaspoon ginger
 2 teaspoons cinnamon
 ½ teaspoon nutmeg
 ½ teaspoon salt
 Combine together dry ingredients. Stir together. Make a well in middle of dry ingredients. Add eggs that have been beaten with a fork. Add sugar and pumpkin. Mix together ingredients. Spread batter into a greased and waxed paper jelly roll pan.
 Bake at 375 degrees for 15 minutes. Remove from pan. Cool for 15 minutes. Place cake on clean towel. Cool 10 minutes longer. From 10-inch side, roll up cake in towel. Set aside. Meanwhile prepare filling. Unroll cake and place on plastic wrap. Evenly spread filling over cake. Roll up cake. Cover with plastic wrap. Place cake, seam-side down, and chill for at least 2 hours.

Filling:

Beat together:
 8-ounces cream cheese
 4 tablespoons butter
 1 cup confectioners sugar
 1 teaspoon vanilla
 Blend until smooth.

Sarah Clark
 Breezewood
 Sara Jane Fulmer
 West Newton

SPICY FRENCH TOAST

5 eggs
 1 cup pumpkin pie mix
 ¼ cup milk
 1 tablespoon cornstarch
 3 tablespoons butter, divided
 12 slices firm egg bread or French bread
 In blender container, combine eggs, pumpkin pie mix, milk, and cornstarch. Blend until smooth; pour into shallow dish. Set aside. In electric skillet set at 325 degrees, melt 1 tablespoon butter. Dip 4 slices of bread in egg-pumpkin mixture. Fry 3 to 4 minutes per side, or until golden brown. Turn and continue cooking additional 2 to 3 minutes. Remove from pan; keep warm. Repeat process with remaining slices of bread, adding butter to skillet as needed. Serve warm with additional butter and warm syrup, if desired.



Pumpkin is a popular ingredient for bread, muffins, soups, entrees, and side dishes, as well as for desserts such as this sour cream pumpkin coffee cake.

SOUR CREAM PUMPKIN COFFEECAKE

¼ cup butter
 ¼ cup sugar
 1 teaspoon vanilla extract
 3 eggs
 2 cups all-purpose flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 1 cup sour cream
 1½ cups cooked pumpkin
 1 egg, lightly beaten
 ¼ cup sugar
 1 teaspoon pumpkin pie spice
 Streusel
 Cream butter, ¼ cup sugar, and vanilla in mixer bowl. Add 3 eggs, one at a time, beating well after each addition. Combine flour, baking powder, and baking soda. Add dry ingredients to butter mixture alternately with sour cream. Combine pumpkin, beaten egg, ½ cup sugar, and pie spice. Spoon half of batter into 13x9x2-inch baking dish; spread to corners. Sprinkle half of streusel over batter. Spread pumpkin mixture over streusel. Carefully spread remaining batter over pumpkin mixture. Sprinkle remaining streusel over top. Bake in 325 degree oven for 50 to 60 minutes or until toothpick inserted in center comes out clean.

PUMPKIN PEAR STRUDEL

1 cup cooked pumpkin
 1½ cups pears, peeled, cored, and diced (about 2 cups)
 ¼ cup packed brown sugar
 ¼ cup chopped walnuts
 1 teaspoon ground cinnamon
 ½ teaspoon ground cloves
 ½ teaspoon ground ginger
 1 package frozen puff pastry, thawed according to package directions (2 sheets)
 1 egg, lightly beaten
 Cinnamon sugar
 Mix pumpkin, pears, sugar, walnuts, cinnamon, cloves, and ginger in medium bowl. Spoon one half of filling in center third of one pastry sheet.

Make downward slanting cuts in outer edges of pastry, starting about 1 inch away from filling and cutting to outside edges. Starting at top, alternated fold left and right side pastry strips over filling forming chevron design.

PECAN PUMPKIN PIE

3 eggs, divided
 1 cup cooked pumpkin
 ½ cup sugar
 1 teaspoon pumpkin pie spice
 ½ cup corn syrup
 ½ cup sugar
 3 tablespoons butter, melted
 ½ teaspoon vanilla
 1 cup pecans halves
 1 unbaked 9-inch pastry shell
 Stir together one lightly beaten egg, pumpkin, ½ cup sugar, and pie spice. Spread over bottom of pie shell. Combine two remaining beaten eggs, corn syrup, ½ cup sugar, butter, and vanilla. Stir in nuts. Spoon over pumpkin mixture. Bake in preheated 350 degree oven for 50 minutes or until filling is set.

PUMPKIN FUDGE

2 cups sugar
 3 tablespoons pumpkin
 ¼ teaspoon cornstarch
 ½ teaspoon pumpkin pie spice
 ½ cup evaporated milk
 1 teaspoon vanilla
 Combine first five ingredients in saucepan and heat until the mixture passes the fudge test (which is dropping a small amount of the mixture into cold water. If the drop forms a soft ball, the test is passed). Add vanilla and beat with mixer until smooth. Pour onto buttered cookie sheet and cool. Cut into squares when cooled.

Josephin Matenus
 Dallas

(Turn to Page B8)

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 5- Breads, Muffins, Biscuits
- 12- What can you do with sweet potatoes?
- 19- Thanksgiving Dinner
- 26- Using Leftovers

Featured Recipe

"One of my favorite times of the year is Halloween," said Susan Pardoe, Sullivan County's dairy princess.

She has a few recipes that do great for parties or Trick or Treats. Susan is a senior at Sullivan County High School, where she is a member of the marching and concert bands, chorus, Stand Tall, Library Club, and the volleyball team. Because Susan enjoys volunteering at a nursing home, she plans to study for a nursing degree at Mansfield University.

With her parents, James and Dottie Pardoe, and two brothers, Susan works on their 598-acre Valley View Farm where they milk 65 Holsteins and raise corn, mixed hay, and alfalfa.

CANDY BAR SHAKE

½ cup vanilla ice cream
 ½ cup whipped topping
 6-ounces vanilla yogurt
 2 miniature Snicker bars, chopped
 Place all ingredients into a blender container. Cover and blend on high speed about 15 seconds. Makes one serving.

MY MOM'S DINOSAUR COOKIES

1 cup butter, softened
 1 cup sugar
 1 large egg
 2 teaspoons baking powder
 1 teaspoon vanilla
 2½ cup flour
 Preheat oven to 400 degrees. In large bowl, cream butter and sugar with an electric mixer. Beat in eggs and vanilla. Add baking powder and flour, one cup at a time, mixing after each addition. The dough will be very stiff; blend last flour in by hand. Do not chill dough.
 Dough may be tinted with paste icing color. Add small amounts until desired color is reached.
 Divide dough into two balls. On a floured surface, roll out ¼ -inch thick. Dip cutters in flour before each use. Bake cookies on ungreased cookie sheet for 6 to 7 minutes.
 Decorate with your favorite Halloween decorations.