

# Home on the Range

## Pumpkin-Tasting Favorites

Pumpkin is a favorite fall vegetable. Although the most popular food use for pumpkin is the traditional pumpkin pie, pumpkin makes its appearance in a variety of dishes — from soups and stews to breads and desserts.

Pumpkin is a good source for beta carotene, potassium, and fiber.

One cup solid pack pumpkin provides 700 percent of the U.S. Recommended Daily Allowance (RDA) of vitamin A in the form of beta-carotene, which is considered a dietary inhibitor of certain cancers. The same amount offers 500 mg of potassium needed to maintain the heartbeat for proper cell function.

Be sure to choose pumpkins raised for eating. They are different from those raised for jack-o-lanterns. Whole ripe eating pumpkins should have hard, shiny skins with no soft or rotten spots. If it is soft, the pumpkin will spoil easily.

Whole ripe pumpkins should be stored in a cool, dry spot until ready to use. Under these conditions, pumpkins will keep for a month or two.

### PUMPKIN CAKE ROLL

- 3 eggs, separated
- ½ cup packed brown sugar
- ½ cup pumpkin
- ¼ cup flour
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ½ teaspoon cloves
- ½ teaspoon nutmeg

Preheat oven to 350 degrees. Beat egg yolks until thick about 5 minutes, gradually add sugar, beat well. Stir in pumpkin. Fold dry ingredients into egg mixture. Beat egg whites until stiff. Fold into batter. Spread evenly into greased, floured and wax paper-lined jelly roll pan. Bake 14 to 18 minutes. Invert. Remove paper and roll cake in towel until cool.

Filling:

- 8-ounces softened cream cheese
  - 6 tablespoons butter
  - 1 cup confectioners' sugar
  - 1 teaspoon vanilla extract
- Cream cheese and butter until fluffy, add sugar and vanilla. Spread over cool unrolled cake. Re-roll cake and put in serving dish and dust with confectioners' sugar. Serves 10.

Mary Lou Happ  
Lansdale

### PUMPKIN PUDDING

- 24 graham crackers, crushed
- ½ cup sugar
- ½ cup butter, melted
- 1 package unflavored gelatin
- 2 eggs
- ¾ cup sugar
- 8-ounces cream cheese
- 3 eggs
- ½ cup sugar
- ½ cup milk
- 2 cups pumpkin

Mix graham crackers, sugar, and butter and press into bottom of 9x13-inch pan.

Beat together 2 eggs, cream cheese, and ¾ cup sugar. Put on top of graham cracker mixture and bake for 20 minutes at 350 degrees.

Dissolve gelatin in ¼ cup cold water.

Cook egg yolks, milk, and ½ cup sugar and pumpkin until thick.

When still hot, add gelatin to mixture; let cool and put in pumpkin pie spices to taste (optional: 1 teaspoon cinnamon, ½ teaspoon ginger). Whip egg whites and add pumpkin mixture when cool. Put on top of each other. Refrigerate until ready to serve then top with real whipped cream or a scoop of your favorite ice cream.

*As dairy princess, I'm excited that holiday and seasonal treats can be made extra special by using real dairy products. Dairy products including milk, cheese, yogurt, sour cream and cream cheese are easy to use in cooking and taste great too. These products can be more nutritious when using low-fat and skim dairy products. So remember: add an extra specialty to your dessert or favorite snack. — real dairy products.*

Kristi Schoffstall

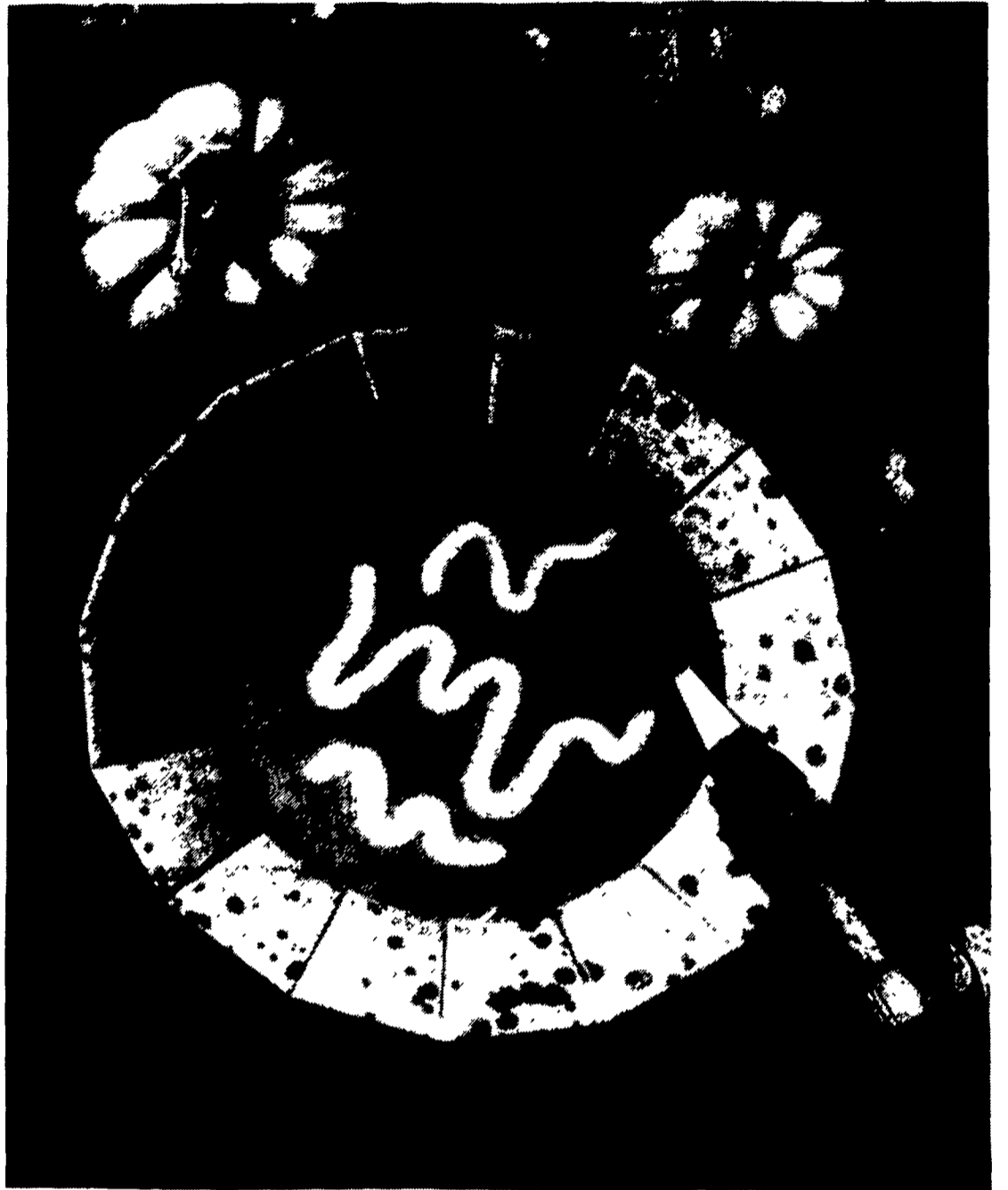
Lebanon Co. Dairy Princess

### PUMPKIN FUDGE

- 2 cups sugar
- 3 tablespoons pumpkin
- ¼ teaspoon cornstarch
- ½ teaspoon pumpkin pie spice
- ½ cup evaporated milk
- ½ teaspoon vanilla

Combine first five ingredients in a saucepan and heat until the mixture reaches the "fudge test." This involves dropping a little into cold water and if it forms a ball, it passes the test. Add the vanilla and beat with mixer until smooth. Pour onto a buttered cookie sheet or platter. Cut when cool.

Carolyn Hodgson  
Clarks Summit



Pumpkin makes its appearance in a variety of dishes — from soup to breads and desserts.

### SENSATION DOUBLE LAYER PUMPKIN PIE

- 4 ounces cream cheese, softened
- 1 tablespoon milk or half and half
- 1 tablespoon sugar
- 1½ cups whipped cream topping
- Graham cracker pie crust
- 1 cup milk or half and half
- 2 packages instant vanilla pudding

16-ounces pumpkin  
1 teaspoon ground cinnamon  
½ teaspoon ground ginger  
¼ teaspoon ground cloves  
Hint: Soften cream cheese in microwave 15 to 20 seconds.

Mix cream cheese, milk, and sugar in large bowl with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.

Pour 1 cup milk into bowl. Add pudding mix. Beat with wire whisk until well blended, 1-2 minutes. (Mixture will be thick).

Stir in pumpkin and spices with wire whisk; mix well. Spread over cream cheese layer. Refrigerate at least 3 hours. Garnish with additional whipped topping and nuts if desired. Makes 8 servings.

Lisa Sparr  
Upper Falls, MD

### HOMEMADE PUMPKIN PIE SPICE

To make 2½ teaspoons pumpkin pie spice, combine 1½ teaspoons ground cinnamon plus ¼ teaspoon each of ground nutmeg and ginger plus a dash of cloves.

### IMPOSSIBLE PUMPKIN PIE

- 16-ounces canned pumpkin
- 12-ounces canned evaporated milk
- 2 tablespoons butter, softened
- 2 eggs
- ¾ cup biscuit mix
- 2½ teaspoon pumpkin spice
- 2 teaspoons vanilla

Grease 10-inch pie plate. Beat together all ingredients until smooth. Bake at 350 degrees for 50-55 minutes.

Sherry Rechlin  
North Franklin, CT

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## Featured Recipe

"Never Enough Thyme" is a recently published cookbook highlighting herb usage.

If you are growing herbs and don't know what to do with them or if you want to learn more about herbs and cooking, this is a delightfully illustrated cookbook that will fascinate you.

The 232-page cookbook has recipes for culinary, cosmetic, teas, social drinks, potpourris and a special section for men only.

The cookbook is written by Linda Kosa-Postl, who has a degree in horticulture and is editor and author of a nationwide herbal newsletter. She also teaches classes in herbal usage and flower design.

For a copy of the spiral-bound cookbook, send \$18.95, which includes shipping and handling, to Ernest R. Kosa, Market Product Div., R. D.#2, Wellsville, NY 14895.

Here is a recipe from the cookbook.

### HERB WAFFLES

- 2 cups flour
- 1 teaspoon salt
- 4 teaspoons baking powder
- 2 tablespoons sugar
- 2 tablespoons finely sliced chives
- 1 tablespoon finely chopped fresh thyme
- 1 tablespoon chopped Italian parsley
- 5 ounces butter
- 1½ cups milk
- 2 eggs, beaten

Sift together dry ingredients. Stir in chopped fresh herbs. Heat butter and milk until butter is melted. Cool slightly before whisking in eggs. Quickly whisk in dry ingredients. Make waffles according to waffle iron instructions or make as small pancakes.

## 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

- 4- Biscuits and Mix
- 11- Favorite Breads
- 18- Thanksgiving Dinner
- 25- Venison and Wild Game