

# PUMPED-UP PUMPKIN!

## BAKED PUMPKIN

Pre-heat oven 350F

Break or cut off stem and discard. Cut the Pumpkin in half around the middle and then scoop out pulp and seeds (and dry out to save!). Place cut side up in a large baking dish with deep sides. Season with Salt & Pepper for a savory recipe, or Nutmeg, Cinnamon & Brown Sugar for a sweet recipe. Add about 1/3 Cup water to the bottom of the pan and then cover with foil tightly. Bake for 1 hour and then remove the foil. Continue to cook until the flesh is soft and deeply orange-brown, about 1 more hour. Use a sturdy spoon to remove the flesh from the skin whilst still slightly warm and then puree in a blender or food processor until smooth. Strain the puree for 15 minutes per Pumpkin and then store in the fridge for up to 3 days, or freeze for 6 months.

A 5 pound Pumpkin will yield about 4 cups.

## PUMPKIN JAM

2 ½ Cups Pumpkin Puree  
¾ Cup Apple Juice  
1 Cup Brown Sugar  
½ teaspoon Ground Ginger  
½ teaspoon Nutmeg  
1 x 2" piece Cinnamon Bark

Combine all ingredients in a saucepan and bring to a low boil. Beware of the mixture as it heats and bubbles up! Reduce heat to medium-low and continue to cook, stirring often until jam consistency, about 30 minutes. Pairs well with Cheese, Muffins and Biscuits.

## HOT PUMPKIN CHOCOLATE

1 ½ Cups Whole Milk  
1 Tablespoon Pumpkin Puree  
1 Tablespoon Cocoa  
2 Tablespoons Sugar  
Pinch of Nutmeg (optional)  
Pinch of Cayenne Pepper (optional)  
¼ teaspoon Vanilla Essence

Whisk ingredients together in a saucepan and heat slowly until piping hot!

## PUMPKIN WAFFLES

2 Cups Flour  
¼ Cup Brown Sugar  
1 teaspoon Baking Powder  
½ teaspoon Baking Soda  
2 teaspoons Cinnamon  
¼ teaspoon Salt  
2 eggs  
1 teaspoon Vanilla Essence  
1 ½ Cups Whole Milk  
4 Tablespoons unsalted melted Butter  
1 Cup Pumpkin Puree

Combine dry ingredients in a large mixing bowl thoroughly. Whisk wet ingredients in a separate bowl until smooth. Make a well in the center of the dry mixture and pour in the wet mixture. Stir about 40 times with a wooden spoon and transfer to a pitcher to pour onto a Waffle iron. Rest batter for 30 minutes or overnight before using.

Serve with Bacon, Hot Chicken & Maple Syrup with Poached Eggs!

## FALL DIP

1 Cup Pumpkin Puree  
8 ounces Cream Cheese  
1/3 Cup Brown Sugar  
1 Tablespoon Mixed Spice  
¼ Cup Spiced Apple Moonshine

Soften Cream Cheese at room temperature for several hours or in a microwave briefly. Beat the softened Cream Cheese in a stand mixer with paddle attachment or hand mixer on lowest setting until light and fluffy, about 2 minutes. Pour in remaining ingredients and continue to mix until combined thoroughly.

Serve with slices of Apple, Pear, Carrot, Celery and Ginger Snap cookies!

Can be stored in the refrigerator for up to a week.

## CHUNKY PUMPKIN SOUP

1 medium Tennessee Cheese Pumpkin  
1 Tablespoon Oil  
½ Cup chopped raw Bacon (about 4 slices)  
1 medium Yellow Onion, large dice  
1 sprig fresh Rosemary  
4 cups water

Cut Pumpkin in half from top to bottom and then scoop out seeds and some pulp. Cut the halves into wedges roughly. Use a sturdy peeler or a bread knife to peel away the skin. Cut the flesh into cubes as evenly as possible- don't get fussy! This will produce about 12 Cups of cubed Pumpkin.

Heat Oil over a medium stove in a large pot (ie. Dutch Oven) and add the Bacon and Onion, stirring regularly for about 8 minutes. Before the Onion and Bacon get too dark, pour in the cubed Pumpkin and top with Water and Rosemary. Turn up the heat to bring to a boil, then reduce heat and simmer for about 30 minutes. Use a spoon to stir the soup and break up some of the chunks when soft. Serve with buttered toast and a dollop of Sour Cream.