



THE UNIVERSITY OF ARIZONA,
Cooperative Extension

COLLEGE OF AGRICULTURE AND LIFE SCIENCES

A COLLECTION OF PUMPKIN RECIPES

The University of Arizona Cooperative Extension
Yavapai County



Pumpkins and More

Source: <http://www.urbanext.uiuc.edu/pumkins/recipes.html>

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Spicy Pumpkin Pound Cake

2 1/2 cups cake flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1 1/2 teaspoons ground cinnamon
1/2 teaspoon ground cardamom
4 eggs, at room temperature, separated
1/2 teaspoon cream of tartar
1 cup unsalted butter, at room temperature
1 tablespoon Bourbon whiskey or 2 teaspoons vanilla extract
2 cups lightly packed brown sugar
1 cup unsweetened pumpkin puree, canned or fresh
Powder sugar for dusting the cake

1. Preheat oven to 350°F. Position rack in lower third of oven. Spray a 10-inch tube pan or 12-cup bundt cake pan with vegetable spray and set aside.
2. In a large mixing bowl, sift together the flour, baking powder, salt, ginger, nutmeg, cinnamon, and cardamom. Set aside.

3. Separate eggs. Place yolks in a small bowl and whites in a large mixing bowl.
4. In another large bowl, beat the butter until smooth. Add the brown sugar a half-cup at a time beating well after each addition. Beat in Bourbon whiskey or vanilla and continue beating for about 3 minutes.
5. Beat the yolks with a fork then add to sugar mixture, one-third at a time. Using a rubber spatula, scrape down sides of bowl as you mix.
6. Add pumpkin puree and beat until smooth. With a wooden spoon, stir in 1/3 of the flour mixture. Beat just until dry ingredients are incorporated. Continue adding remaining flour in two batches. Set aside.
7. Add cream of tartar to egg whites and beat until soft peaks form. Gently fold whites into pumpkin batter.
8. Spoon batter into prepared pan. Gently spread batter evenly around pan. Bake for 45 to 50 minutes. Allow the cake to cool in the pan for 10 minutes, then invert onto a cake plate. Allow to completely cool. Dust with powdered sugar.

Makes 16 servings

Pumpkin Crèmes Brûlées

Crèmes Brûlées (krehm broo-LAY) is rich French cream and vanilla flavored custard. The literal translation is "burnt cream," which refers to the scalded cream or milk in the recipe. Traditionally the entire surface is sprinkled with granulated sugar just before serving. The custard is then placed under heat so that the sugar quickly caramelizes and becomes brittle. Although this step can be omitted, the brittle sugar creates a delicious flavor and texture contrast to the smooth, creamy custard beneath. This recipe is the American version of Crèmes Brûlées, which uses pumpkin as the flavor base. It is very easy to make. Enjoy.

3 cups milk

1 1/2 cup pumpkin puree, canned, frozen or freshly prepared

1 cup light brown sugar, packed

5 eggs, lightly beaten

3 tablespoon unsalted butter or margarine, melted

1 1/2 teaspoon pumpkin pie spice

1/2 teaspoon vanilla extract

1/2 cup sugar, divided

1. Preheat oven to 350 degrees.
2. In a small saucepan, heat milk to just below boiling, bubbles will form all over the surface (scalded milk is heated to 180 to 185°F).
3. In a medium bowl, lightly beat eggs with a wire whisk. Add pumpkin, brown sugar, butter, spice, and vanilla. Mix until well blended.
4. Gradually whisk in hot milk. Mix well until all ingredients are combined.
5. Evenly divide pumpkin mixture among 12 six-ounce custard cups. Place cups in two 9x13 inch baking pans. Place pans on oven rack and add hot tap water to the pans until the water is halfway up sides of cups.
6. Bake 35-40 minutes. Check after 35 minutes. Custard centers should be slightly wobbly. Remove custard from oven and allow to cool in water bath. Cover with plastic wrap and refrigerate.
7. Just before serving, preheat oven broiler. Sprinkle 2 teaspoons sugar on each custard. Arrange on a baking sheet and place under hot broiler. Broil until sugar melts and bubbles. Watch closely to prevent burning. Sugar should be lightly brown and caramelized. Or hold a propane kitchen torch (also called a salamander) about 2-inches from custard tops to caramelize sugar. Serve at once. Refrigerate leftovers for up to 5 days.

Makes 12 servings

Pumpkin (or Squash) Pancakes

These pancakes can be prepared Butternut Squash, Hubbard Squash or other variety of winter squash. Use canned pumpkin puree, freshly prepared puree, or frozen puree which has been thawed. Cold leftover pancakes are an appetizing snack.

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

1. In a large bowl, sift together flour, baking powder, salt, and pumpkin pie spice. Set aside.
2. In another bowl, beat egg slightly. Add pumpkin or squash puree, molasses or syrup, milk or buttermilk and melted butter or margarine. Mix until smooth.
3. Blend in the dry ingredients all at once. Mix until batter is smooth. Allow batter to rest for 30 minutes or more.
4. Stir nuts into batter, and add additional tablespoon of buttermilk or milk if batter is too thick.
5. 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.
6. Place on a platter and set platter in a warm oven. Continue making pancakes until all batter is used. Makes about 24, 3-inch pancakes. Serves 4 to 6 people. Garnish with powdered sugar or serve with corn syrup, maple syrup or your favorite pancake syrup.

Pumpkin Nut Bread

An old family favorite, pumpkin nut bread makes a wonderful snack, breakfast or dessert. This recipe makes one large loaf or 2 mini loaves for gift giving. The bread also freezes well. Freeze on a plate 6 hours, wrap frozen loaf in heavy duty aluminum foil and return to the freezer for up to six months.

2 cups all-purpose flour or 1 cup whole wheat flour and 1 cup all-purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon each: salt and nutmeg
1 cup fresh pumpkin puree or 1 cup solid pack canned pumpkin
1 cup sugar
1/2 cup skim milk
2 eggs, slightly beaten
1/4 cup vegetable oil
1/2 cup each: chopped pecans and black walnuts (may substitute raisins or any combination to equal one cup)

1. Preheat oven to 350°F.
2. Sift together flour, baking powder, baking soda, ground cinnamon, salt and ground nutmeg.
3. In a large mixing bowl, combine pumpkin, sugar, milk and eggs. Mix well.
4. Add dry ingredients, oil and nuts mixing until just moistened. Batter will be slightly lumpy. Do not over mix.
5. Spoon batter into well greased (use vegetable oil) 9 x 5 inch loaf pan or two 7-1/2 x 3 3/4 inch loaf pans, may use aluminum pans.
6. Bake (in the middle of the oven) large loaf for 65 minutes or two mini loaves for 50 minutes or until a wooden pick inserted in the center comes out clean.

7. Cool 10 minutes in the pan. Use a knife to go around the edge of the pan to loosen bread from the sides of the pan, invert, cool on a cooling rack or plate. Slice and serve.

Pumpkin Nut Bars

1 cup cooked pumpkin puree, fresh or canned
1/2 cup butter or margarine (melted)
2 egg whites, slightly beaten
2 cups oats
1 cup brown sugar, packed
1/2 cup shredded coconut, toasted
1/2 cup wheat germ
1 cup chopped salted peanuts, pecans, or almonds

1. Preheat oven to 350°F. In a large bowl, beat egg whites slightly; add pumpkin and melted butter or margarine beat until smooth.
2. In another bowl combine oats, brown sugar, coconut, wheat germ, and nuts.
3. Fold oat mixture into pumpkin mixture to form stiff dough.
4. Press dough into a lightly greased 15 1/2 x 10 1/2 inch jelly roll pan.
5. Bake 40 to 45 minutes or until golden brown. While still warm, cut into 2x3 inch bars.

Yield about 30 bars. Serve warm or cool completely.

Chiffon Pumpkin Pie with Hazelnut Crunch Topping

This version of pumpkin pie is a delicious difference from the traditional pie but it is so good it may become a new family tradition.

2 cups pumpkin puree, or one 16 ounce can pumpkin
1/2 cup sugar
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon ground nutmeg
2 eggs
1 8-ounce carton low-fat sour cream
1/2 cup milk
1/2 cup brown sugar
3 tablespoons margarine or butter, melted
1 cup chopped hazelnuts (filberts) or pecans
Pastry for nine-inch single-crust pie or one frozen pie crust

1. For pie filling, in a large mixing bowl combine pumpkin, sugar, cinnamon, ginger, and nutmeg. Mix well.
2. Add eggs, one at a time beating lightly with a rotary beater after each addition.
3. Stir in sour cream and milk. Mix well. Set aside.
4. For nut topping, in a medium bowl combine brown sugar and melted margarine or butter. Stir in chopped hazelnuts or pecans.
5. Line a nine-inch pie plate with pastry. Bake at 350°F for ten minutes. Remove and pour the filling into the pastry shell. Sprinkle evenly with nut topping.
6. To prevent overbrowning, cover the edge of the pie shell with foil. Bake at 375°F oven 25 minutes. Then remove foil and continue to bake about 20 minutes more or until center appears nearly set when shaken. Cool on a wire rack. Serve chilled. Refrigerate leftovers for up to 3 days.

Serves 8.

The Pumpkin Patch

The following recipes are from http://www.pumpkin-patch.com/recipes_pies.html Visit this website for more recipes.

Classic Pie Crust

2 cups all-purpose flour
1 cup shortening
1 teaspoon salt
1/2 cup water

Cut shortening into flour and salt until dough appears crumbly. Add water a little at a time, until it can be gathered into a ball. Roll out dough on a floured counter. Don't over work it. Use as directed in pie recipe. It will be very flaky.

Traditional Pumpkin Pie

1 unbaked deep-dish pie shell
3/4 cup sugar
1/2 teaspoon salt
1 teaspoon ground cinnamon
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
2 eggs
15 ounces pure pumpkin
1 1/2 cups evaporated milk

Combine sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs lightly in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell.

Bake in 425°F oven for 15 minutes. Reduce temperature to 350°F and bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack.

Pumpkin Cheesecake #1

Crust:

1/3 cup reduced-calorie margarine, room temp.
2 cups graham-cracker crumbs

Filling:

1 container (24 ounces) nonfat cottage cheese (3 cups)
1 tub (12 ounces) light cream-cheese
1-1/4 cups packed light-brown sugar
2 large egg whites
2 large eggs
1 can (16 ounces) solid-pack pumpkin
2 tablespoon cornstarch
2 teaspoon pumpkin-pie spice
1 teaspoon vanilla extract

Lightly grease bottom and sides of 9x3-inch spring form pan.

Crust:

Mix margarine and cracker crumbs in a bowl until evenly moistened. Press over bottom and 2 inches up sides of prepared pan.

Filling:

Heat oven to 325 degrees F. Process cottage cheese and cream cheese product in a food processor or blender about 2 minutes, scraping down sides 2 or 3 times, until thick and smooth. Add brown sugar, process until sugar dissolves. Add eggs and egg whites and process just until blended. Transfer to a large bowl. Stir in pumpkin, cornstarch, spice and vanilla until well blended and smooth.

Pour into crust. Bake 1 hour and 20 minutes or until top of cake looks set. Shut off oven. Cool completely on wire rack. To store, cover and refrigerate in pan at least 6 hours or up to 4 days.

Pumpkin Cheesecake #2

Crust:

1 1/2 cups graham cracker crumbs
1/3 cup butter, melted
1/4 cup sugar

Cheesecake

3 8-ounce packages cream cheese, softened
1 cup sugar
1/4 cup packed light brown sugar
2 eggs
15 ounces pure pumpkin
2/3 cup evaporated milk
2 tablespoons cornstarch
1 1/4 teaspoons ground cinnamon
1/2 teaspoon ground nutmeg

Topping:

2 cups sour cream, at room temperature
1/3 cup sugar
1 teaspoon vanilla

Combine graham cracker crumbs, butter and sugar in medium bowl. Press into bottom of 9-inch springform pan. Bake in 350°F oven for 6 to 8 minutes. (Do not allow to brown). Cool on wire rack for 10 minutes.

For cheesecake:

Beat cream cheese, sugar and brown sugar in large mixer bowl until fluffy. Beat in eggs, pumpkin and evaporated milk. Add cornstarch, cinnamon and nutmeg. Beat well. Pour into crust. Bake at 350 degrees for 60 minutes or until edge is set but center still moves slightly.

For topping:

Combine sour cream, sugar and vanilla in small bowl; mix well. Spread over surface of warm cheesecake. Bake at 350 degrees for 5 minutes. Cool on wire rack. Chill for several hours or overnight.

Raquel's Collection of Favorite Recipes

Squash Soup

5 med. Carrots cut into 1/2 inch slices
4 cups pumpkin or butternut squash peeled and cubed
1 cup chopped yellow onion
1 tablespoon grated fresh ginger
2 tablespoons olive oil
1/4 cup orange juice
2 cans (14.5oz) chicken broth
1 3/4 cup of water
1/2 cup of Half and Half
1/2 teaspoon salt

Pinch of cayenne pepper
1 tablespoon melted butter

Optional topping: Swirl sour cream on each individual serving top with spring of fresh cilantro.

Heat oven to 425 degrees.

In large bowl combine first five ingredients. Spread evenly in a jelly roll pan. Roast in oven until tender – about 40 minutes, stir every 15 minutes. Remove from oven when a little caramelization happens.

Transfer to a large sauce pan. Add broth, water, half and half, salt and cayenne pepper. Heat at medium low. Allow to simmer for 10 minutes. Stir in melted butter and then add orange juice.

Puree in a food processor or blender until smooth. Makes 7 ½ cups. Serve with topping if desired.

Stuffed Pumpkin

(Source: Prevention, November 2004)

Prep Time 1 hour (including cooking time for rice)

Cooking Time 1 1/2 hours

1 1/4 cup brown or wild rice
1 5-lb pumpkin
1 cup crumbled dry whole wheat bread (about 2 slices)
1 cup crumbled dry cornbread
1 cup chopped celery
1/2 cup chopped parsley
2 Granny Smith apples, chopped
1/4 cup dried cranberries
1/2 cup roasted chestnuts, coarsely chopped
1/2 cup unsalted pistachios, shelled and coarsely chopped
1/4 cup oil (monounsaturated)
1-2 cup vegetable broth
2 Tbsp tamari or soy sauces

Cook rice per package directions. While rice is cooking, wash and dry pumpkin. Cut off top to make lid. Remove seeds and stringy pulp. Preheat oven to 325°F. In large bowl, combine whole wheat bread, cornbread, onion, celery, parsley, apples, cranberries, chestnuts, pistachios, and rice. Add oil and 1 cup of the broth to moisten. Stir until well mixed. Add tamari. Stuffing should be moist. Add more broth 1/4 cup at a time, if need. Pack mixture loosely into pumpkin and replace lid. Place on baking sheet coated with cooking oil. Bake 1 1/2 hours or until pumpkin is easily pierced with fork. Bake any remaining stuffing 1 hour in baking dish. Transfer pumpkin to large serving dish. To ser, scoop out pumpkin flesh along with the stuffing.

Makes 8 servings

Pumpkin Cookies

In a bowl work 1 cup butter or shortening until creamy. Gradually work in 1 cup sugar until the mixture is smooth. Add 1 cup pumpkin, 1 egg, and 1 tsp. Vanilla and beat the batter well. Sift together 2 cups flour, teaspoon each of baking powder, baking soda, and cinnamon, and 1/2 teaspoon salt. Blend into the creamed mixture. Stir in 1/2 cup each of chopped dates and chopped walnuts until they are well distributed. Drop the batter from a teaspoon onto greased cookie sheets and bake in oven at 375°F for 10 to 15 minutes or until golden brown. Cool on a rack and spread with icing. Makes 4 dozen. To make icing (optional), in a saucepan, combine 1/2 cup sugar, 1/4 cup milk, and 3 tablespoons butter. Cook the mixture for 2 minutes, remove it from the heat, and let it cool. Stir in 3/4 teaspoon vanilla and 1 cup confectioner's sugar. If the icing seems to thicken, stir in a little milk; if too thin, add more confectioner's sugar.

Pumpkin Flan

Heat a 6-cup soufflé dish in a pan of hot water

Make a caramel: In a heavy skillet cook 2/3 cup sugar with 3 tablespoons water over moderately high heat, brushing down any undissolved sugar that clings to the sides of the pan with a brush dipped in cold water, until the mixture is a golden caramel. Pour the caramel into the heated dish, turning it until it is well coated with the caramel.

In a bowl beat 2 whole eggs 3 egg yolks, and 6 tablespoons sugar until the mixture is foamy. Beat in 1 cup pumpkin puree, 1 teaspoon cinnamon, ½ teaspoon salt, ¼ teaspoon ginger, and 1/8 teaspoon each of nutmeg and cloves. Gradually stir in 1 1/2 cups scalded light cream and 2 tablespoons orange-flavored liqueur. Pour the mixture into the caramelized dish and put it in a pan filled with enough hot water to come two-thirds up the sides of the dish. Bake the flan in a moderate oven (350 degrees) for 1 ¼ hours or until a knife inserted into the center comes out clean. Let the flan cool at room temperature for 20 minutes and loosen the sides with a knife. Put a serving plate on top, invert the dish, and turn the flan out on the plate. Flan may be served with sweetened whipped cream, flavored with orange liqueur.

Paletas-Fruit Ices

Source: Sunset Magazine Kitchens

Many travelers to Mexico have discovered paletas--The refreshing flavored fruit ices on sticks sold by street vendors and in fruit-juice bars.

What makes these Mexican ices so remarkable is their fresh, seasonal quality. One recent autumn we sampled tart cranberry, pomegranate, sweet persimmon, spiced pumpkin, and creamy nut ices. They inspired us to create these velvety slushes in the flavors of fall.

For dessert, the creamy spiced pumpkin ice mimics the taste of traditional pumpkin pie, but is lighter in flavor and calories. For another dessert idea, present scoops of the creamy walnut or almond ice with crisp butter cookies.

Scoop the ices into stemmed glasses or into small dishes or bowls. You can scoop out portions ahead and return them to the freezer until time to serve.

Flavor –of-Fall Ices

Prepare your choice of purees that follow. Pour into a 9-inch metal baking pan; cover with foil and freeze until solid, at least 8 hours.

Remove ice from freezer and let stand until you can break into chunks with a wooden spoon. With a food processor, process about 1/3 of the ice at a time, using on-off bursts at first to break up the ice. Then run processor continually until you have a smooth slush. Or place all the ice in a bowl and continue to smash into small pieces with a wooden spoon; beat with an electric mixer until smooth—slowly at first then gradually increasing the speed.

Pour ice into a metal pan or bowl, cover, and freeze until firm. Stored in the freezer, the ices will keep their frozen flavor up to a month. Let ices stand at room temperature about 10 minutes (to soften slightly) before serving.

Pumpkin: Stir together 1 cup and half (light cream) or milk and 2/3 cups packed brown sugar until sugar is dissolved. Then blend in 1 can (16 oz. Pumpkin, 1 ½ teaspoons ground cinnamon, 1 teaspoon vanilla, ½ teaspoon each salt and ground ginger, and ¼ teaspoon each ground cloves and nutmeg. Blend in 1 ¾ cups milk. Freeze as directed. When whipping the frozen ice slowly add enough light cream or milk (about ¾ cup) to make it creamy smooth. Let frozen ice stand about 25 minutes before scooping out portions. Top servings with whole or chopped nuts.

Makes about 6 cups.