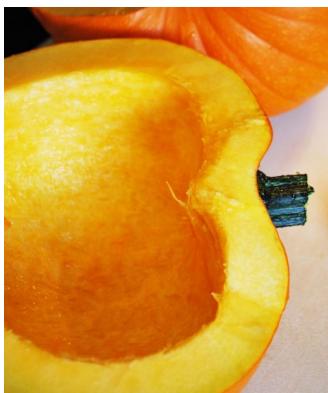




How to Roast Fresh Pumpkin

What could be better than fresh roasted pumpkin for baking and cooking? This is especially fun for the children if you grew your own pie pumpkins this summer!

You can make puree to freeze for baking, or cut the roasted pumpkin into chunks and water pack it in a jar. And you must try the pumpkin butter!



1. Cut the stem on the pumpkin as short as possible. Cut the pumpkin in half as shown, on one side of the stem, from the top to the bottom of the pumpkin.

2. Use a spoon to scrape out the seeds and fibers, scraping the fiber down to the flesh to remove all of the stringy fiber.

3. Rinse pumpkin halves, inside and out, with cold water and pat dry with paper towels.

4. Place the pumpkin halves facing down on a baking sheet and fill the pan with water so the water comes up about $1/4$ " around the pumpkins.



5. Bake at 350° for $1\frac{1}{2}$ -2 hours, or until you can easily pierce the pumpkin with a fork. The skin will be crisp and wrinkled, and the flesh very soft.

Fresh Pumpkin
Pies?



Let the pumpkin cool until it's easy to handle. Use a spoon to scrape the flesh from the skin and place in a bowl. As the pumpkin sits, liquid will drain out, so transfer the pumpkin to a colander to finish draining.

Place the pumpkin chunks in a food processor, with $\frac{1}{3}$ cup water for every 2 cups of pumpkin. This will give the puree a smoother consistency. Process the pumpkin until extremely smooth. It is better to over process the puree, especially if you dislike the stringy fibers that will remain if you under do it.

To preserve: Pumpkin puree, and pumpkin butter are both too thick to be preserved in jars, therefore it must be frozen. Spoon puree into freezer-safe containers, leaving 1" headspace. Seal and freeze. Use in any recipe that calls for pure pumpkin!

Maple Pumpkin Butter

Pumpkin butter is a fall favorite, and specialty store item that can be very expensive. Try this recipe and make it yourself! Spread this deliciously smooth and spicy butter over muffins, toast, scones or use for baking!



In a large, heavy saucepan, combine ~ For every 6 cups of puree add:

- 1 1/2 tbsp. ground cinnamon
- 1 1/2 tsp. ground allspice
- 2 tsp. ground ginger
- 1/2 tsp. sea salt
- 2 tsp. vanilla extract
- 3/4 cup pure maple syrup
- 1 cup packed brown sugar
- 1 3/4-2 cups water

Combine ingredients together well, stirring until smooth. Pumpkin butter is meant to slow cook, and trying to speed the process by turning up the heat can have disastrous results. Cook over low heat, stirring often, for 3-4 hours. You can even cook this in a crock pot on low, uncovered. Cook until thick, and the consistency you would like.

Store in a sealed container in the refrigerator and use within a week, or seal in freezer-safe containers (with 1" headspace) and freeze for up to 6 months.



Whole Grain Pumpkin Bread

What could be better than soft, sweetly spiced pumpkin bread?

In the Bosch mixer with the dough hook, combine:

- 6 cups warm water
- 1 3/4 cups pumpkin puree, room temperature
- 1 cup pure maple syrup or honey
- 1/2 cup olive oil
- 2 large eggs
- 1 1/2 tbsp. ground cinnamon
- 1 tbsp. each almond and vanilla extract
- 3 tbsp. SAF instant yeast
- 5 1/2 cups freshly ground hard wheat flour

Sponging & Flour

Sponging gives the yeast a good start, and a chance to develop well. It also allows the flour to soak up some of the liquid, which will help prevent you from adding too much flour. You will have a nice soft dough instead!

Mix together until smooth. Sponge for 45 minutes, jogging the mixture back down as it rises to the top of the bowl. Add:

- 2 1/2 tbsp. sea salt
- additional wheat flour

Add the flour, one cup at a time, until the dough is cleaning the sides of the bowl, and is still soft and sticky. Knead for 4 minutes. The dough should be soft and stretchy. Divide dough into portions for loaves, shape and place in greased bread pans. Or, try the Pumpkin Cream Cheese Rolls!



~ Makes 4 large loaves

Pumpkin Cream Cheese Rolls

Roll out a portion of dough into a 20" x 8" rectangle, about 3/8" thick. Melt together: 1/2 cup butter and 1 tbsp. ground cinnamon; stir until smooth. Brush 1/2 of the butter mixture over the dough. Sprinkle generously with brown sugar.



Roll the rectangle up lengthwise. Use a piece of string or dental floss to cross-cut 2" rolls.

In the baking dish, melt 2-3 tbsp. butter, and lightly sprinkle brown sugar over the melted butter. Place rolls in baking dish and let rise for 15 minutes. Bake at 350° for 20-22 minutes, until rolls are golden and spring back when touched.



Drizzle warm rolls with cream cheese frosting and serve!

Cream Cheese Frosting

In a small bowl, combine:

- 6 oz. cream cheese, softened
- 2 tsp. vanilla extract
- 4 tbsp. butter, melted
- 2 tsp. fresh lemon juice

Whisk together until smooth!

~ Makes about 2 cups