



Pumpkin Pie and More

PUMPKIN PIE

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| 2 eggs, slightly beaten | 1/2 tsp (2 mL) ginger |
| 1 3/4 cups (425 mL) pumpkin | 1/4 tsp (1 mL) cloves |
| 3/4 cup (175 mL) sugar | 1 2/3 cups (400 mL) evaporated milk, or
light cream (10%) |
| 1/2 tsp (2 mL) salt | 9 inch (23 cm) unbaked pastry shell |
| 1 tsp (5 mL) cinnamon | |

Combine all ingredients except pastry shell. Pour mixture into pastry shell. Bake at 425°F (220°C) for 15 minutes. Reduce temperature to 350°F (180°C) and continue baking 45 minutes or until knife inserted in centre comes out clean.

FIVE-SPICE PUMPKIN BISQUE

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| 2 cans (14 oz/398 mL each) pumpkin | 1 tsp (5 mL) Chinese five-spice powder |
| 4 cups (1 L) water | 1/4 tsp (1 mL) salt |
| 2 cups (500 mL) light cream (10%) | 1 clove garlic, crushed |
| 1/4 cup (50 mL) maple-flavoured pancake syrup | 1/4 cup (50 mL) butter |
| 2 tsp (10 mL) chicken bouillon mix | Diagonally sliced green onions |

Combine first 8 ingredients (pumpkin through garlic) in a medium saucepan. Bring to a simmer, stirring frequently. Do not boil. Stir in butter until melted. Refrigerate for up to 24 hours. Do not freeze. Reheat to serve. Serve in small soup cups. Garnish with green onions. Serves 8 - 10 as an appetizer.

PINEAPPLE PUMPKIN BREAD

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| 3 1/2 cups (875 mL) flour | 2 1/2 cups (625 mL) sugar |
| 2 tsp (10 mL) baking soda | 4 eggs |
| 1 1/2 tsp (7 mL) cinnamon | 1 tsp (5 mL) vanilla |
| 1 tsp (5 mL) salt | 1 can (14 oz/398 mL) pumpkin |
| 1/4 tsp (1 mL) ginger | 1 can (8 oz/227 mL) crushed pineapple, undrained |
| 1/4 tsp (1 mL) nutmeg | 1 cup (250 mL) chopped walnuts or pecans |
| 1/2 cup (125 mL) butter, softened | |

Combine first 6 ingredients (flour through nutmeg) in a bowl; set aside. Using medium speed of an electric mixer, beat together butter and sugar until blended. Beat in eggs, one at a time, beating well after each addition. Add vanilla and pumpkin and beat until thoroughly blended. Fold in pineapple. Add flour mixture and stir just until blended. Do not overmix. Fold in walnuts. Spoon batter evenly into two greased 9x5 inch (23x13 cm) loaf pans. Bake at 350°F (180°C) for 60 - 65 minutes or until loaves test done. Cool in pans for 5 minutes. Invert loaves onto racks and cool completely. Makes 2 loaves.

Cook's Note: Do not drain the pineapple in this recipe. Raisins may be used in place of nuts.

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EASY PUMPKIN SPICE CAKE

1 pkg (2 layer) yellow cake mix	1/2 cup (125 mL) water
2 tsp (10 mL) cinnamon	1/3 cup (75 mL) oil
2 tsp (10 mL) ginger	3 eggs
1/4 tsp (1 mL) nutmeg	1 tsp (5 mL) vanilla
1/8 tsp (0.5 mL) cloves	Honey Cream Cheese Frosting, recipe follows
1 cup (250 mL) canned pumpkin	

Using low speed of an electric mixer, beat together all ingredients except frosting until blended. Using medium speed, beat for 2 minutes. Pour batter into a greased 9x13 inch (23x33 cm) baking pan. Bake at 325°F (160°C) for 35 - 40 minutes or until cake tests done. Cool in pan on a rack. Spread with Honey Cream Cheese Frosting. Cover; refrigerate for at least 1 hour or up to 3 days. May be frozen.

Honey Cream Cheese Frosting

8 oz (250 g) cream cheese, softened	1/3 cup (75 mL) honey
1/4 cup (50 mL) butter, softened	1 tsp (5 mL) grated orange peel
1/2 cup (125 mL) icing sugar	1 tsp (5 mL) vanilla

Using medium speed of an electric mixer, beat together cream cheese and butter until fluffy. Beat in icing sugar. Add honey, orange peel and vanilla; beat until blended. Makes enough frosting for a 9x13 inch (23x33 cm) cake.

Cook's Note: *This delicious soft frosting is best used on single layer cakes.*

PUMPKIN MOUSSE

1 can (14 oz/398 mL) pumpkin	1/4 tsp (1 mL) ginger
3/4 cup (175 mL) packed golden brown sugar	1/4 tsp (1 mL) nutmeg
1 1/2 tsp (7 mL) grated orange peel	2 cups (500 mL) whipping cream
1 tbsp (15 mL) brandy or orange juice	1/4 cup (50 mL) icing sugar
1 1/2 tsp (7 mL) cinnamon	Candied Pecans, recipe follows
1/4 tsp (1 mL) cloves	

Combine first 8 ingredients (pumpkin through nutmeg) in a bowl; stir until sugar dissolves. Using medium speed of an electric mixer, beat together whipping cream and icing sugar until stiff. Fold whipped cream into pumpkin mixture. Spoon into a serving bowl or individual serving dishes. Cover and refrigerate for at least 2 hours or up to 8 hours. Garnish with Candied Pecans. Serves 8 - 10.

Candied Pecans: Melt together 1 tbsp (15 mL) butter, 2 tbsp (25 mL) packed golden brown sugar and 1 1/2 tsp (7 mL) white corn syrup in a medium frypan. Cook and stir over medium heat for 2 minutes. Stir in 3/4 cup (175 mL) pecan halves. Cook, stirring constantly until pecans are slightly darker and fragrant, about 5 minutes. Spread in a single layer in a jelly-roll pan lined with greased foil. Cool; break into pieces.

Toasting Pumpkin or Sunflower Seeds: Wash seeds to remove stringy fibers before toasting by one of the following methods.

- Simmer seeds in salted water (1 tbsp/15 mL salt per quart/litre of water) for 20 minutes. Drain; spread seeds on a baking sheet. Bake at 275°F (140°C) for 35 - 45 minutes or until crisp.
- Toss seeds with a small amount of oil. Spread seeds on a baking sheet and bake at 350°F (180°C) for 10 - 15 minutes or until crisp. Salt lightly, if desired.

Cooking Pumpkin for Use in Baking: Cut pumpkin into large pieces; remove seeds and stringy fibers. Cover cut surfaces with foil and place on a baking sheet. Bake at 375°F (190°C) for 45 - 90 minutes or until pulp is tender. Remove pulp from rind; mash or puree pulp in a food processor or blender. If puree is not thick enough, cook, stirring frequently, over low heat until puree is the consistency of canned pumpkin. Refrigerate puree for up to 3 days or freeze for up to 6 months.