

PUMPKIN PATCH RECIPE COLLECTION



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Celebrate the Pumpkin ~ The Great American Food!

It is believed that pumpkins originated in North America; making them the Great American Food. The name 'pumpkin' originates from the Greek word, Pepon, meaning "large melon."

Pumpkin is often forgotten except during the short period between Halloween and Thanksgiving. This versatile fruit/vegetable* can be prepared in a variety of ways and enjoyed throughout the year. The pumpkin's insides are commonly eaten, cooked and served in dishes such as pumpkin pie, pumpkin bread, and pumpkin soup; the seeds can be roasted for consumption as well.

In addition to its sweet nutty flavor, pumpkin offers an abundance of health benefits. This low-calorie food is perfect for individuals who are watching their weight. Pumpkin is rich in potassium and loaded with beta-carotene; an important antioxidant that helps us fight free radicals.

Pumpkin seeds pack a healthy punch and make a convenient snack food. Pumpkins seeds are used in the treatment of many illnesses including kidney, prostate and gallbladder problems. Pumpkin seeds are high in protein, potassium, magnesium, zinc, iron, copper and essential fatty acids.

Pumpkin is a magnificent food that can be enjoyed year-round. The Pumpkin Patch Recipe Collection offers new ways to enjoy the sweet flavor of pumpkin. From thick, robust stews to delicate whipped toppings, these recipes offer new ways to prepare this ancient large melon.

How to Cut a Pumpkin:

1. Thoroughly wash the outer skin of the pumpkin.
2. Place pumpkin on appropriate size cutting board with a towel placed underneath the board to prevent slipping.
3. Using a large knife with a long handle, cut the pumpkin in half; then cut each half in half.
4. Use a large spoon to remove the seeds and fiber from each piece.
5. To remove skin, place knife blade between fiber and skin and cut with the flow of the pumpkin.

Feel free to share this recipe collection with friends, family, co-workers, neighbors and anyone who enjoys pumpkin. I hope you enjoy the recipes and welcome your feedback. If you would like to share your experience, offer comments or suggestions, contact me at thecheapgourmet@yahoo.com. I look forward to hearing from you!

Kathy Browning
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*Although the pumpkin is botanically classified as a fruit (the ripened ovary of a flowering plant), it is widely regarded as a vegetable.

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Baked Pumpkin With Rice Pilaf

Serves: 6

Pumpkin Prep Time: 15 minutes

Pumpkin Bake Time: 1 hour

Pilaf Prep Time: 5 minutes

Pilaf Cook Time: 1 hour, 10 minutes



Ingredients:

- 1 5-6 pound Pumpkin
- 3-3/4 cups Water
- 1 cup Brown Rice
- 1/2 cup Wild Rice
- 1 Tbsp Butter, unsalted
- 1 cup Shallots, finely chopped
- 2 small Granny Smith apples, cored and diced
- 3/4 cup Pecans, chopped
- 1/8 tsp Cinnamon, ground
- 1/8 tsp Nutmeg, ground
- Salt and Pepper to taste
- 3 Tbsp Apple Cider
- 1/2 cup Golden Raisins

Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Using a sharp knife, cut off top of pumpkin. Scoop out seeds and pulp and discard.
3. Place the pumpkin and pumpkin top on a baking sheet.
4. Bake in center of oven until inside of pumpkin is tender, about 1 hour.
5. Remove from oven and cover top of pumpkin with foil.
6. While pumpkin is baking, add water to medium saucepan and bring to a boil.
7. Add brown and white rice and return to boil.
8. Reduce heat to simmer and cook until most of the water has been absorbed, about 50 minutes.
9. Remove from heat and let stand for 10 minutes.
10. Heat butter in large skillet over medium heat.
11. Add scallions and saute until light golden brown.
12. Add apples, pecans, spices, salt and pepper. Saute for 5 minutes, stirring frequently.
13. Add apple cider and saute additional 5 minutes.
14. Add raisins and saute for 5 more minutes.
15. Remove from heat and combine with rice. Mix well.
16. Transfer rice pilaf into pumpkin and cover with top.
17. When serving, scoop out pumpkin flesh with pilaf.

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Pumpkin Chili

Serves 6

Prep Time: 20 minutes

Cook Time: 1 hour



Ingredients:

1 Sugar Pumpkin, about 2 pounds
1 tablespoon Olive Oil
1 large Onion, chopped
2 cloves Garlic, minced
2 tablespoons Chili powder
1 tablespoon Curry powder
½ teaspoon ground Cinnamon

6 Roma Tomatoes, chopped
2-½ cups cooked Barley
2 cups Water
1 can (14-ounce) Dark Red Kidney Beans (drained and rinsed)
½ cup toasted (green) Pumpkin Seeds
½ cup fresh Cilantro leaves and stems, chopped
Salt and Pepper to taste

Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Using a sturdy butcher knife or meat cleaver, cut pumpkin in half.
3. Remove seeds with large spoon. Rinse seeds and place on paper towels and set aside to dry.
4. Place pumpkin open side down and bake until flesh is soft, about 50 minutes to 1 hour.
5. Remove pumpkin from oven and allow to cool.
6. In large saucepan or stockpot, heat oil over medium heat. Add onions, garlic and spices. Stir frequently until onions turn soft, about 5 minutes.
7. Add tomatoes, barley and 2 cups water. Reduce heat to simmer.
8. Spoon flesh from pumpkin and add to simmering chili, along with the beans.
9. Cook for 20 minutes, adding water if necessary to attain a chili-like consistency.
10. While chili is simmering, toast pumpkin seeds. Line baking sheet with parchment paper.
11. Toss clean, dry pumpkin seeds in a bowl with a small amount of vegetable oil, just enough to coat, and toss with salt.
12. Bake at 375 degrees Fahrenheit for 15-20 minutes, until golden.
13. Cool on a wire rack or by stirring in a mesh sieve.
14. Ladle chili into serving bowls and top with toasted pumpkin seeds and cilantro.
15. Season with salt and pepper, if desired and serve immediately.

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Pumpkin and Romano Dumplings

A touch of crispiness and a dusting of cheese is the perfect balance with the smooth pumpkin texture.

Serves 8

Prep Time: 10 minutes

Cook Time: 18-20 minutes

Ingredients:

2 tsp salt for boiling water
1 cup Pumpkin, canned solid-pack
2 large Eggs
1 tsp Sea Salt
1/4 tsp Nutmeg, ground or 1/2 tsp freshly grated
1/4 tsp Baking Powder
1 cup Whole Wheat Flour (or all-purpose white)
6 Tbsp Butter, unsalted
1 cup Romano cheese, finely grated

Directions:

1. Fill a large pot halfway full of water. Add salt and bring to a boil.
2. In a large bowl whisk together pumpkin, egg, sea salt, nutmeg and baking powder.
3. Add flour, 1/3-cup at a time and mix well. Dough will be soft.

You'll want to use the 1/2-teaspoon from a measuring spoon set for the next step. If you don't have a measuring spoon set, use a teaspoon, but only scoop out 1/2-teaspoon of dough.

1. Dip the teaspoon in boiling water, then scoop up a generous 1/2-teaspoon of dough.
2. Place the dough into boiling water, allowing dough to drop off spoon.
3. Continue this process until you run out of dough.
4. Boil dumplings until thoroughly cooked, about 10 minutes.
5. Drain dumplings in colander.
6. Melt butter in large skillet over medium heat.
7. Add dumplings.
8. Sauté until outside begins to brown, about 8 minutes.
9. Transfer to bowl, sprinkle with cheese and serve immediately.

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Perfect Pumpkin Stew

Serves 8

Preparation time: 15 minutes

Cooking time: 35 minutes

Ready in: 50 minutes



Ingredients:

- 2 large white or yellow Onions, chopped
- 3 cups Pumpkin, skin removed and diced
- 2 cups Sweet potatoes, peeled and diced
- 1 cup Parsnips, peeled and diced
- 6-8 cups Water
- 1 cup Carrots, sliced
- 1 cup Millet
- 1/2 tsp Cumin, ground
- 1/2 tsp Coriander seed, ground
- 1/2 tsp Ginger, ground
- 2 each Bay leaves

Directions:

1. Wash and rinse vegetables.
2. Remove skin from onion, remove core and chop loosely.
3. Remove skin and seeds from pumpkin. Cut into 1/2-inch cubes.
4. Peel and dice sweet potatoes and parsnips.
5. Add 2 tablespoons water to large pot and saute onions until golden brown.
6. Add the rest of the vegetables, millet, spices and water.
7. Bring to a boil, reduce to a simmer, and cook covered for 1/2-hour or until pumpkin, vegetables, and millet are soft.
8. Remove from heat and serve immediately.



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Pumpkin Bread with Cranberries and Almonds

Yield: 1 loaf

Prep Time: 15 minutes

Bake Time: 1 hour, 10 minutes



Ingredients:

2 cups Whole Wheat Flour (or all-purpose white)
1 tsp Cinnamon, ground
1/2 tsp Nutmeg, ground
1/4 tsp Ginger, ground
1/4 tsp Cloves, ground
1 tsp Baking Powder
3/4 tsp Sea Salt
1/2 tsp Baking Soda
6 Tbsp (3/4 stick) unsalted Butter, room temperature
1 cup plus 1 Tbsp Sugar
2 large Eggs
1 cup Pumpkin, canned, solid pack
1 tsp Vanilla extract
2/3 cup Buttermilk
1/2 cup dried sweetened Cranberries
1/2 cup coarsely chopped unsalted Almonds

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Pumpkin Bread with Cranberries and Almonds ~ Continued

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Butter 9x5x3-inch loaf pan.
3. Line bottom and long sides of pan with waxed or parchment paper.
4. In medium bowl, whisk flour, spices, baking powder, salt, and baking soda until blended. Set aside.
5. Using electric mixer, beat butter in large bowl until fluffy.
6. Gradually add 1 cup sugar, beating until blended.
7. Beat in eggs, one at a time.
8. Add pumpkin and vanilla; beat on medium-low speed until ingredients are well incorporated.
9. Slowly add one-third of of dry ingredients and one-third of buttermilk into pumpkin mix. Repeat two more times.
10. Fold in cranberries and almonds.
11. Pour batter into loaf pan.
12. Sprinkle with 1 Tbsp sugar, if desired.
13. Place loaf pan in oven and bake until toothpick inserted into center comes out clean; about 1 hour and 10 minutes.
14. Cool bread in pan on baking rack for 15 minutes.
15. Place knife between bread at short ends of pan to loosen. Turn bread out onto rack; peel off waxed paper.
16. Cool completely before serving.

*Pumpkin Bread with Cranberries and Almonds can be made up to two days in advance. Securely wrap loaf in plastic wrap and store in cool, dry area. Bread can be frozen up to 3 months if wrapped in plastic wrap, then a layer of foil. Let thaw at room temperature.



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Toasted Pumpkin Seeds

Yield: 2 cups

Prep Time: 5 minutes

Bake Time: 20 minutes



Ingredients:

2 cups raw Pumpkin seeds, washed and dried

2 Tbsp Extra Virgin Olive Oil

1 tsp Sea Salt

Directions:

1. Preheat oven to 375 degrees Fahrenheit.
2. Line a baking sheet with parchment paper.
3. Toss clean, dry pumpkin seeds in a bowl with a small amount of olive oil, just enough to coat, and toss with salt.
4. Arrange in a single layer on the parchment-lined baking sheet.
5. Bake for 15-20 minutes, until golden.
6. Cool on a wire rack.
7. Store in airtight container for up to 4 weeks.



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Pumpkin Dip

Yields: 3-1/2 cups

Prep Time: 10 minutes

Chill Time: 1 hour



Ingredients:

- 1 (8-ounce) package Cream Cheese, softened
- 1 (16-ounces) Pumpkin Puree or 2 cups fresh pumpkin
- 1 cup Brown Sugar
- 2 tsp Pumpkin Spice
- 1 Tbsp Orange zest

Directions:

1. In a large bowl, beat cream cheese and pumpkin together either by hand or using an electric mixer.
2. Add remaining ingredients and stir until well-blended.
3. Place in refrigerator and chill for at least one hour.
4. Serve in small, hollowed-out pumpkin, if desired.
5. Sprinkle a pinch of Orange zest on top for garnish, or add slivers of orange peel.
6. Serve with sugar cookies, vanilla wafers, ginger snaps, pound cake or crackers.



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No-Bake Pumpkin Cream Pie

Serves 8

Prep Time: 15 minutes

Chill Time: 6 hours minimum, overnight preferred



Ingredients:

- 1-1/2 cups powdered sugar
- 1 (8-ounce) package Cream Cheese, softened
- 4 Tbsp (1/2 stick) Butter, softened
- 1 Tbsp Vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/8 tsp ginger
- 1/8 tsp cloves
- 1 (16-ounce) can pumpkin
- 1 (9-inch) prepared graham cracker crust

Directions:

1. In a medium bowl, add sugar, cream cheese, butter, vanilla and spices. Using an electric mixer, beat ingredients on medium-high setting for 1-2 minutes, until mixture is fluffy.
2. Add pumpkin and using a wooden spoon, stir by hand until blended.
3. Spoon mixture into pie crust.
4. Place in refrigerator and chill 6 hours or overnight.
5. Serve with whipped cream, if desired.

*Individual spices can be replaced with 1 tsp Pumpkin Spice



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Pumpkin Seed Brittle

Forget peanut brittle! After you taste Pumpkin Seed Brittle, you'll never settle for anything less.

Yield: 1 pound

Prep Time: 10 minutes

Cook Time: 15 to 20 minutes

Cool Time: 40 minutes



Ingredients:

1/4 cup Butter, cut into chunks, plus 1 Tbsp more for pan
1 tsp Baking Soda
1 Tbsp Vanilla extract
1-1/2 tsp Cinnamon, ground
1/2 tsp Sea Salt
2-1/2 cups cane Sugar
1/3 cup light Corn Syrup
1-1/2 cups toasted Pumpkin Seeds

Directions:

1. Lightly butter a 10x15-inch baking pan.
2. In a small bowl, stir baking soda in vanilla to dissolve; set aside.
3. In another bowl, stir together cinnamon and salt.
4. In a 4-quart saucepan over medium-low heat, use a heatproof spatula or wooden spoon to stir together sugar, 1/2 cup water, corn syrup, and 1/4 cup butter until butter is melted and sugar is completely dissolved.
5. Increase heat to medium and boil sugar mixture, stirring occasionally, until it turns a deep amber and measures 335- to 340-degrees Fahrenheit on a candy thermometer; about 8 to 12 minutes.
6. Remove sugar mixture from heat and carefully stir in vanilla and cinnamon mixtures (they will bubble up).
7. Immediately stir in pumpkin seeds and pour into prepared pan, using spatula or wooden spoon to evenly spread and fill pan.
8. Let brittle cool at room temperature for 30 to 40 minutes.
9. Gently twist pan to release brittle, then chop or break it into chunks.
10. Store in an airtight container at room temperature for up to 2 weeks.

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Pumpkin Seed Brittle Tips:

Caramelizing sugar: Watch closely. Sugar cooks quickly once it begins to brown, so have your ingredients measured and your tools assembled before you start. Before bringing sugar mixture to a boil, make sure to completely dissolve the sugar and melt the butter: Stir the mixture with a flexible heatproof spatula over medium-low heat, running the spatula around the inside of the saucepan a few times to thoroughly mix everything together.

Using a candy thermometer: It can be tricky to know when a sugar mixture has reached the temperature that will yield the texture you're after. Thankfully, candy thermometers eliminate the guesswork. You'll find them at supermarkets and some hardware stores; make sure to choose one that measures temperatures up to 400 degrees.

Toasting Pumpkin Seeds - See recipe on page 9

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Pumpkin Smoothies

Pumpkin Smoothie

Serves 2

Prep Time: 5 minutes



Ingredients:

1 cup Milk (whole, skim 2%, soy, almond)
1 medium Banana, sliced
1/4 cup solid pack Pumpkin
1/4 tsp Cinnamon, ground
2 Tbsp Honey
4 Ice cubes

Directions:

In blender, combine all ingredients until smooth

Pumpkin Pie Smoothie

Serves 4

Prep Time: 5-10 minutes



Ingredients:

1 can (15 ounces) solid pack Pumpkin, chilled
1 can (12 ounces) Evaporated milk, chilled
1 container (8 ounces) Vanilla Yogurt
1/4 cup granulated Sugar
1/4 tsp Pumpkin Spice
1 pint Whipping Cream, whipped into soft peaks - see recipes pages 16-17

Directions:

1. Combine pumpkin, evaporated milk, yogurt, sugar and pumpkin pie spice in blender; cover and blend until mixture is smooth.
2. Top with whipped cream and sprinkle with additional pumpkin pie spice.

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Homemade Whipped Cream

Homemade whipped cream only takes minutes to prepare. The freshness and fluffiness are to die for. And, you can add a variety of flavors or food colorings to create your own personal favorite!

New to Making Homemade Whipped Cream? Click here for [step-by-step directions and whipped cream tips](#)

Plain Whipped Cream

Yield: 1 cup

Prep Time: 3-5 minutes



Ingredients:

- 1 cup heavy Whipping Cream
- 3 Tbsp granulated Sugar

Directions:

1. Add ingredients to a chilled, medium mixing bowl.
2. Using an electric mixer on high speed, beat ingredients until soft peaks form.

Vanilla Whipped Cream

Yield: 1 cup

Prep Time: 3-5 minutes



Ingredients:

- 1 cup heavy Whipping Cream
- 3 Tbsp granulated sugar
- 1 tsp pure Vanilla extract

Directions:

1. Add ingredients to a chilled, medium mixing bowl.
2. Using an electric mixer on high speed, beat ingredients until soft peaks form.

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Pumpkin Whipped Cream

Yield: 1 cup

Prep Time: 3-5 minutes



Ingredients:

1 cup heavy Whipping Cream
3 Tbsp granulated Sugar
½ tsp Pumpkin spice, OR ¼ teaspoon ground Cinnamon and ¼ tsp ground Nutmeg

Directions:

1. Add ingredients to a chilled, medium mixing bowl.
2. Using an electric mixer on high speed setting, beat ingredients until soft peaks form.

Cinnamon and Spice Whipped Cream

Yield: 1 cup

Prep Time: 5 minutes

Chill Time: 2 hours



Ingredients:

1 cup Whipping Cream
2 Tbsp Brown Sugar
1/2 tsp Vanilla extract
1/4 tsp ground Cinnamon
Dash ground Nutmeg

Directions:

1. Pour cream into medium-sized bowl.
2. Using electric mixer on high speed setting, beat cream 3 to 4 minutes until soft peaks begin to form.
3. Gradually add brown sugar, being careful not to over beat.
4. Fold in vanilla, cinnamon and nutmeg.

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A Pictorial Guide to Types of Pumpkins

Standard Orange Variety ~ Grows between 2 to 5 pounds



Baby Bear ~ (small, flattened shape; fine stem)



Sugar Pumpkin ~ (standard pie type)



Winter Luxury ~ (old variety, good for cooking; unique netted skin)

Standard Orange Variety ~ Grows between 8 to 15 pounds



Jack-o-Lantern ~ (used for carving)



Autumn Gold ~ (hybrid, yellow-gold when immature)



Funny Face ~ (hybrid)

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Standard Orange Variety: Grows between 15 to 25 pounds



Ghost Rider Pumpkin ~ (dark orange; very dark green stem)



Aspen Pumpkin ~ (hybrid, deep orange, uniformly large)



Howden Field ~ (the industry standard for the past 20 years)

Pumpkins Used for Canning and Cooking



Buckskin ~ (hybrid)



Kentucky Field



Dickinson Field

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