



Pumpkin Field Day 2011

Presented by: The UT Extension "Kitchen Divas"

The Divas are Extension Agents in Family & Consumer Sciences.

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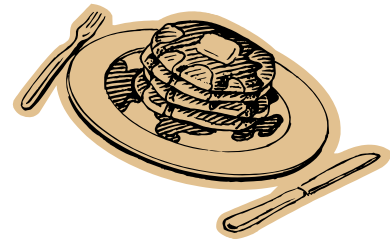
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Programs in agriculture and natural resources, 4-H youth development,
family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture
and county governments cooperating.
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Pumpkin Pancakes

- 2 1/3 cups baking mix
- 1/3 cup canned pumpkin (Not Pumpkin Pie Mix)
- 1 1/4 cups milk
- 2 tablespoons sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 2 eggs



Directions:

Heat syrup and margarine until margarine is melted; remove from heat. Stir in pecans; Keep warm.

Stir pancake ingredients until well blended.

Pour batter by slightly less than 1/4 cupful onto hot griddle (grease griddle if necessary). Cook until edges are dry. Turn; cook until golden brown. Serve with syrup.

Pumpkin Griddle Cakes

2 cups all-purpose flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1 teaspoon pumpkin pie spice

1/4 teaspoon salt

3 large eggs

1/3 cup packed light-brown sugar

1 1/4 cups milk

1 1/4 cups fresh or canned solid-pack pumpkin puree

3 tablespoons vegetable oil

Preheat oven to 200°F.

In medium bowl, stir together flour, baking powder, baking soda, pie spice, and salt. In large bowl, stir together eggs and sugar. Stir in milk, pumpkin, and oil. Add flour mixture and stir just until smooth.

Heat griddle or large nonstick skillet over medium heat. Lightly coat with nonstick cooking spray. Working in batches, drop batter, 1/4 cup at a time, onto hot griddle. Cook pancakes until bubbles form on top and bottoms are golden brown, about 2 1/2 minutes. Turn pancakes over. Cook until bottoms are golden brown, about 2 minutes. Place on

baking sheet in oven to keep warm. Make remaining pancakes, coating griddle with cooking spray as needed.

Top with dried cranberries or raisins softened in a pot of warm maple syrup, and a sprinkling of toasted walnuts.

Nutritional Information (per serving) Calories: 115

Fat: 4g

Saturated Fat: 1g

Cholesterol: 3mg

Sodium: 120mg

Carbs: 17g

Protein: 3g

Fiber: 1g

Pumpkin Maple Syrup:

1 cup maple syrup

1 1/4 cups pure pumpkin

1/4 teaspoon ground cinnamon or pumpkin pie spice .

For sauce:

Heat 1 cup maple syrup, 1 1/4 cups pure pumpkin, and 1/4 teaspoon ground cinnamon or pumpkin spice in small pan until warm.



Pumpkin Spice Latte

makes 1-2 servings

Ingredients:

2 cups milk

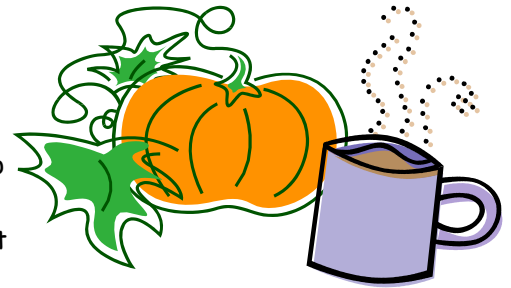
2 tablespoons canned pumpkin **OR** 1 teaspoon Pumpkin Spice Syrup

2 tablespoons sugar or sugar substitute - you can half this amount

2 tablespoons vanilla extract

1/2 teaspoon pumpkin pie spice

1-2 shots espresso (about 1/4 cup of espresso or 1/2 cup of strong brewed coffee if you don't have an espresso machine.)



Directions:

In a saucepan combine milk, pumpkin and sugar and cook on medium heat, stirring, until steaming. Remove from heat, stir in vanilla and spice, transfer to a blender and process for 15 seconds until foamy. If you don't have a blender, don't worry about it - just whisk the mixture really well with a wire whisk.

Pour into a large mug or two mugs. Add the espresso on top.

Optional: Top with whipped cream and sprinkle pumpkin pie spice, nutmeg, or cinnamon on top.

How to Make Espresso with a Coffee Pot

True espresso is made in a special machine which heats the water to just the right temperature and then directs the water through the coffee grounds with just the right pressure. However, while some may enjoy the strong, rich flavor of espresso, buying an espresso maker may be out of budget. A few tips can help you come close to the real deal with your regular coffee pot.

Instructions

Things You'll Need

- Finely ground espresso roasted coffee
- Coffee filters
- Spoon
- Filtered water

Choose a **dark roasted or espresso roasted coffee bean** and then grind your beans as finely as possible. While many coffee grinders have an espresso option, if there is a finer option, don't necessarily go for the espresso grind. Rather, to make your espresso with a drip coffee maker, you will need to select the finest grind possible.

Double your coffee filter so that the water moves slowly through the grounds. If you have a built-in metal cone filter in your coffee machine, add a paper filter for good measure.

Measure your coffee grounds, using approximately **1 tbsp. of finely ground coffee for every 1/4 cup of espresso**. However, remember that because the water will move more slowly through the grounds, you should not attempt to make more espresso than your coffee maker's cone or filter holder can hold at one time to prevent overflow.

Place your coffee grounds into the filter and pack down slightly with the back of a spoon. Pour the desired amount of water into your machine, and allow it to brew your hot cup of espresso. For best results, use pure, **filtered water**.



Pumpkin Spice Syrup for Latte or Coffee

Mix anywhere from 1 teaspoon to 1 tablespoon of this pumpkin spice syrup into a mug of your favorite hot drink, depending on how sweet and pumpkin-flavored you want it.

Yields: approximately 1 1/2 cups

Prep Time: 5 minutes

Cook Time: 10 minutes

2 tablespoons pumpkin puree

1/2 cup granulated sugar

1 cup water

1 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cloves



Combine all ingredients in a small saucepan. Over low heat, bring to a simmer, stirring occasionally to keep the sugar from burning.

Simmer until the sugar is completely dissolved and the pumpkin is fully mixed into the syrup. Allow to cool for 10 minutes before transferring to an airtight container. Refrigerate and use within 3 weeks.

Pumpkin Cake

Ingredients:

1 $\frac{1}{2}$ cup vegetable oil	2 teaspoons baking powder
2 cups white sugar	3 teaspoons ground cinnamon + 1 teaspoon pumpkin pie spice
4 eggs	1 teaspoon salt
3 cups all-purpose flour	2 cups solid pack pumpkin puree
2 teaspoons baking soda	$\frac{1}{2}$ cup chopped walnuts

Directions:

1. Preheat oven to 375 degrees. Grease and flour a 10-inch tube pan. Sift together flour, baking soda, baking powder, cinnamon, pumpkin pie spice, and salt. Set aside.
2. In a large bowl, combine oil and sugar. Add eggs one at a time and mix well. Add the flour mixture and beat until smooth. Add nuts and pumpkin and blend until smooth. Pour batter into greased pan.
3. Bake at 375 degrees for 1 hour or until a toothpick inserted into the center of the cake comes out clean. Cool in pan for 10 minutes, then turn out onto a wire rack to finish cooling. Dust with confectioners sugar before serving.



Pumpkin Oatmeal Cookies

Ingredients:

- 1 cup canned pumpkin
- 1 cup sugar
- 1 $\frac{3}{4}$ cup rolled oats
- 1 large egg, beaten
- 1 $\frac{1}{2}$ cups flour
- $\frac{3}{4}$ cup shortening
- 1 cup raisins or chopped nuts
- $\frac{1}{2}$ t baking soda
- $\frac{1}{4}$ t nutmeg
- $\frac{3}{4}$ t cinnamon
- 1 t salt

Directions:

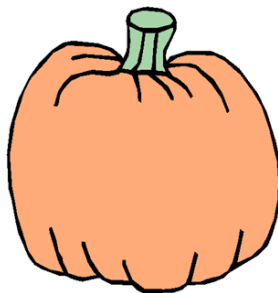
1. Preheat oven to 400 degrees.
2. In a mixing bowl, stir together flour, sugar, baking soda, cinnamon, nutmeg, and salt.
3. Add shortening. Stir well until mixture is crumbly.
4. Stir in egg, pumpkin, oats, and raisins or nuts.
5. Drop teaspoonfuls of dough onto an ungreased cookie sheet. Bake 15 minutes or until done.

PUMPKINTASTIC FACTS

In early times, pumpkin was an ingredient used to make the crust of pies, not the filling.

Pumpkins originated in Central America

Native Americans used pumpkin seeds for food and medicine.



Pumpkin Dump Cake

Ingredients:

- 1 (15-oz) can pumpkin puree
- 1 (10-oz) can evaporated milk
- 1 cup light brown sugar
- 3 eggs
- 3 teaspoons pumpkin pie spice
- 1 box yellow cake mix
- 1 cup (sticks) butter, melted
- 1 cup coarsely crushed graham crackers or pecans
- $\frac{1}{2}$ cup toffee bits (optional)

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 9 x 13 baking pan lightly with cooking spray.
3. In a large bowl combine the pumpkin, evaporated milk, sugar, eggs, and pumpkin pie spice. Stir to combine.
4. Pour into your prepared pan.
5. Sprinkle your entire box of cake mix on top, followed by your nuts or graham crackers and toffee chips.
6. Pour your melted butter evenly on top.
7. Bake for 45-50 minutes, until center is set and edges are lightly browned.

Serve with ice cream or whipped cream.

Pumpkin Nut Candy

Ingredients:

$\frac{1}{4}$ cup pumpkin puree

$\frac{1}{2}$ cup brown sugar

$\frac{1}{2}$ cup honey

$\frac{1}{3}$ cup milk

$\frac{1}{2}$ teaspoon cinnamon

1 tablespoon butter

$\frac{1}{2}$ teaspoon vanilla

1 cup chopped walnuts

$\frac{1}{4}$ - $\frac{1}{2}$ cup coconut, shredded

Directions:

1. Combine pumpkin, sugar, honey, milk, and cinnamon in heavy saucepan and cook over medium heat. Allow mixture to boil several minutes until very thick. Remove from heat and allow to cool.
2. Add butter and vanilla and beat until creamy. Stir in walnuts and refrigerate an hour or more.
3. Roll about 1 teaspoon of mixture at a time in coconut to form small balls, logs, pyramids, squares, etc. Keep in the refrigerator.