



In the Kitchen

with Barb Agee

November 2012

The Pumpkin Patch

Get acquainted with this five season--spring, summer, fall, winter and Thanksgiving—vegetable by using pumpkin fresh, canned or the seeds. This vegetable can transform a soup, curry or roast in a flash so why wait for Thanksgiving to create delicious and imaginative dishes. Fresh and dried herbs as well as spices can perk up the mild flavor of a pumpkin dish.



Complimentary Herbs and Spices

Herbs: cilantro, parsley, oregano, marjoram, rosemary, thyme and sage

Spices: cinnamon, cloves, curry powders, chili powder, turmeric, cumin, ginger and mustard

Pumpkin Chai Blondies

½ cup dried cranberries, coarsely chopped
½ cup roasted walnuts, coarsely chopped
½ cup semi-sweet chocolate chips
2 tablespoons all-purpose flour
¼ cup butter
1 cup brown sugar
¾ cup canned pumpkin
1 teaspoon vanilla
2 eggs

¾ cup sifted all-purpose flour
½ teaspoon baking powder
¼ teaspoon baking soda
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon ginger
½ teaspoon ground cardamom
Pumpkin Frosting (*see recipe below*)

In a small bowl mix together cranberries, nuts, chocolate chips and 2 tablespoons flour; set aside. Melt butter over low heat; blend in brown sugar. Remove from heat; stir in pumpkin and vanilla. Beat in eggs, one at a time. Sift dry ingredients together. Gradually add to pumpkin mixture; mixing thoroughly. Add in floured date, nuts and chips. Turn into a greased 9x 1 ½ inch round baking pan. Bake at 350°F for 20 to 25 minutes. Cool for 10 minutes and remove from pan to cooling rack. When Blondies are completely cooled, frost. *Cut into 8 serving*

Pumpkin Frosting

3 ounce cream cheese, softened
2 tablespoons unsalted butter, softened
1 tablespoon canned pumpkin

1½ cups powdered sugar, sifted
½ teaspoon ground cardamom
1½ teaspoon cinnamon

Combine all ingredients in a bowl and beat on high speed until fluffy, about 2 minutes.

Moroccan Pumpkin and Turkey Couscous

1½ pounds pumpkin, seeded
1 tablespoon sweet paprika
2 teaspoons turmeric
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon cinnamon
1 teaspoon ground ginger
2 teaspoon chili powder
Olive oil
1½ pounds turkey breast, cut into 2-inch pieces*



2 cup (16 ounces) chicken stock
1 large onion, halved and thinly sliced
2 carrots, peeled and sliced
5 large cloves of garlic, crushed
2 lemons, 1 thinly sliced, 1 juiced
½ cup green olives, *(optional)*
One 15 ounce can chickpeas, rinsed
1½ cups couscous
1 tablespoon butter
¼ cup pine nuts, toasted

Mix the paprika, turmeric, coriander, cumin, cinnamon and ginger in a small bowl; set aside. Cut the pumpkin into 1-inch chunks. In a large bowl toss pumpkin chunks with 2 tablespoons olive oil. Place skin down on baking sheets and roast for 20 minutes at 425°F. Remove from oven and cool; then peel. Return to large bowl; add onion, garlic and carrots. Sprinkle 2 teaspoons of the spice mixture over pumpkin.

Place the cut up chicken in a separate bowl and evenly sprinkle remaining spice mixture over chicken. In a large skillet, heat 2 tablespoons olive oil over medium high heat. Add turkey and cook, turning until brown, about 4 minutes. Add onion, garlic, pumpkin, carrots and lemon slices. Cook stirring until onion is softened, 5 to 6 minutes. Add 1 cup chicken stock and chickpeas; simmer for 10 minutes. Add lemon juice, olives, salt and pepper to taste.

In a medium saucepan, bring remaining chicken stock, 1 cup water and butter to a boil. Stir in couscous, cover and turn off heat. Let stand 5 minutes and fluff with a fork. Stir in toasted pine nuts. To serve, spoon the turkey and sauce over couscous. Garnish with chopped parsley leaves.

* or chicken breast

Pumpkin and Pear Bisque

1½ pounds fresh pumpkin
Olive oil
4 tablespoons butter
1 bunch scallions, sliced and whites separated from greens

¼ cup white dry wine
2 cups broth
2 Comice pears, peeled and sliced
½ cup heavy cream
Salt and pepper to taste

Preheat oven to 425°F. Wash pumpkin and cut into 3 to 4-inch chunks, scrape seeds and membrane from pumpkin chunks. Rub each chunk with a small amount of olive oil and place on baking sheet. Bake until tender, approximately 40 minutes. Cool and remove skin. Cut chunks into small cubes.

In large saucepan, melt butter. Add scallion whites, pumpkin cubes and pear slices; cook for 6 minutes. Add wine, broth and 1½ cups water; bring to simmer. Reduce heat and cook for 6 more minutes. Slowly stir in cream. Puree in batches in food processor or with an immersion blender. Season with salt and pepper. Serve with a sprinkle of scallion greens on each bowl of bisque.

