

Harvest Festival Recipes

Roasted Pumpkins with Bacon and Brown Sugar

from: Better Homes and Gardens

- 6 slices bacon, crisp-cooked and drained, drippings reserved
- 2 2- to 4-lb. pie pumpkins
- 1 teaspoon salt
- 1/4 teaspoon coarsely ground black pepper
- 1/4 cup packed brown sugar
- 2 teaspoon fennel seed, crushed
- 2 to 3 green onions, diagonally sliced

Preheat oven to 400 degrees. Cut off top 1/4 of pumpkins. Remove seeds and strings; reserve 2/3 cup pumpkin seeds.

Place pumpkins, cut side up, in foil-lined baking pan. Brush insides with some of the bacon drippings and sprinkle with salt, pepper, and brown sugar. Replace lids. Roast pumpkins in oven 20 minutes.

Meanwhile, in skillet stir together pumpkin seeds, fennel seed, green onions, and remaining bacon drippings. Add skillet to over during last 10 minutes of roasting.

Remove pumpkins and seed mixture from oven. Sprinkle inside of pumpkins with seed mixture and crumbled bacon. To serve, use a large spoon to scoop out insides or use knife to cut into wedges.

Serves 8 to 10; each serving- 180 calories, 11g fat, 8mg cholestrol, 19g carbohydrates



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Pumpkin Puree

from: Better Homes and Gardens

** You can use this puree when canned pumpkin is called for*

2 3 1/2-lb. pie pumpkins

Preheat oven to 375 degrees. Cut pumpkins in 5x5-inch pieces. Remove seeds and strings. Arrange pieces in a single layer, skin side up, in foil-lined baking pan.

Bake, covered, 1 hour or until tender. When cool enough to handle, scoop pulp from rind. Place pulp in blender or food processor.

Cover and blend or process until smooth. Transfer to freezer bags. Store in refrigerator up to 3 days, or freeze up to 6 months. Thaw in refrigerator to use.

Each serving- 1/2 cup; 58 calories, 9g fat, 0mg cholesterol, 14g carbohydrates

Spiced Pumpkin Butter

from: Better Homes and Gardens

4 cups pumpkin puree (see inside cover page)

1 1/4 cups pure maple syrup

1/2 cup apple juice

2 tablespoons lemon juice

2 teaspoons ground ginger

1/2 teaspoon ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon salt

chopped hazelnuts (optional)

In a 5-quart Dutch oven combine all ingredients except nuts. Bring to boiling, reduce heat. Cook, uncovered, over medium heat, stirring frequently, 25 minutes or until thick. (if mixture spatters, reduce heat to medium-low). Remove from heat, cool.

Ladle into jars or freezer containers, leaving 1/2 inch headspace. Cover; store in refrigerator up to 1 week or freezer up to 6 months.

To serve, top with chopped nuts.

Makes 4 1/2 cups (36 two tablespoon servings); 35 calories, 0g fat, 0mg cholesterol, 9g carbohydrates

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Pumpkin Apple Bread *from: Celebrate the Rain*

3 cups all-purpose flour
2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon freshly grated or ground nutmeg
1 teaspoon ground cloves
3/4 teaspoon salt
1/4 teaspoon ground allspice
2 cups pumpkin puree
2 1/4 cups sugar
4 eggs, lightly beaten
3/4 cup vegetable oil
1 large Granny Smith apple, peeled, cored, and cut into 1/4 inch dices.

Cinnamon-Sugar Topping:

5 tablespoons sugar
1 tablespoon all-purpose flour
1 tablespoon unsalted butter, at room temperature
1 teaspoon cinnamon

For the topping, combine the sugar, flour, butter, and cinnamon, and blend with your fingers to an even, crumbly texture. Set aside.

Preheat the oven to 350 degrees. Butter and flour two 9- by 5-inch loaf pans. Sift together the flour, baking soda, cinnamon, nutmeg, cloves, salt, and allspice into a large bowl. In another large bowl, whisk together the pumpkin, sugar, eggs, and oil. Add the flour mixture to the pumpkin, stirring to evenly mix, then fold in the apples. Divide the batter between the pans, smoothing tops. Sprinkle each with cinnamon-sugar topping. Bake until a toothpick inserted in center comes out clean, about 1 hour.

Apple-Filled Potato Puffs *from: Celebrate the Rain*

2 eggs
1/4 cup vegetable oil
1/3 cup chopped green onions
1/4 cup dry bread crumbs
1 teaspoon salt
1/2 teaspoon baking powder
1 1/4 pounds yellow-fleshed potatoes
Chopped fresh parsley, for garnish

Chunky Applesauce:

4 tart apples; peeled, cored, and cut into chunks
1 cup water
1/2 cup sugar (or less; whatever you prefer)
1 tablespoon freshly squeezed lemon juice
1/2 teaspoon cinnamon

For applesauce, combine apples, water, sugar, lemon juice, & cinnamon in a medium saucepan. Cook over medium heat until the apples are tender & mixture thickened, 15 to 20 minutes. Press apple pieces against side of pan as they begin to soften during cooking to help make a coarse puree. Set aside to cool.

Preheat the oven to 400 degrees; thoroughly grease 36 mini-muffin cups.

In a large bowl, whisk together the eggs and oil to blend, then whisk in the green onions, bread crumbs, salt, and baking powder. Working quickly, in two batches, peel and quarter the potatoes and pulse them in a food processor to finely chop them (do not puree). Add the potatoes to the egg mixture and stir to evenly mix.

Fill each muffin cup halfway with potato mixture. Spoon 1/2 teaspoon of applesauce into each cup, followed by enough potato mixture to fill cups completely. Bake until golden brown & the potatoes are tender when pierced with the tip of a knife (about 30 min). Let stand 5 minutes in pan (important- it makes unmolding easier) before turning them out. Serve warm, garnish with parsley.



Homemade Caramel Apples

from: halloweenweb

8 medium-sized apples
2 (14oz.) packages caramels (or try chocolate!)
1/4 cup water

Wash and dry the apples. Insert popsicle sticks into the stem of each apple. Set aside.

Unwrap the caramels and add them with the water in a medium sized saucepan. Heat on low while stirring until the caramel is completely melted.

Dip each apple into the caramel until the apple is completely covered, allowing the excess caramel to drip off. Scrape bottom if necessary. Place apples onto greased waxed paper and let them sit for about 15 minutes, or until caramel is completely set. Store in the refrigerator.

What to do with Pumpkin Seeds...

Harvesting the Seeds

For flavorful roasted seeds, hand-pick your pumpkin fresh from the pumpkin patch if at all possible. Don't waste the remainder of the pumpkin, have some fun and carve out a scary jack-o-lantern while extracting the seeds.

With that in mind, dig the seeds and pulp out of the pumpkin with a scoop or large spoon and place in a bowl. Dig out the individual seeds to prepare for roasting.

If you decide to wash them first, this will remove some of the natural flavor. It's just a preference. You can let the seeds dry before you roast them, or put them directly in the oven. Keep in mind that dry seeds require less baking time.

Roasting

Spray a cookie sheet with no-stick cooking spray and spread them evenly across the sheet. Very lightly spray the seeds before roasting.

Put them in the oven and bake at 300° for about 35 minutes, until they're a toasted, golden brown. Salt the seeds to your preference and consider adding additional seasoning and spices such as garlic salt, Worcestershire, Cajun or accent seasoning.

Want to sweeten them up? Coat them with melted butter, sugar, and cinnamon before roasting. By giving the seeds a familiar flavor, you'll also have kids munching on this seasonal treat.

Allow the roasted pumpkin seeds to cool before eating. Store the seeds in an air-tight container or bag for up to a week to retain flavor and freshness.

from: halloween web