Pumpkin Treats

by Jeff

For the fall season, a collection of my favorite pumpkin recipes.

Roast Pumpkin for Purée

Simple roast pumpkin for use in other recipes.

Ingredients

- 1 small sugar pumpkin

Makes: 3 cups roast pumpkin for purée

Steps

1. Preheat oven to 350ºF.
2. Cut the pumpkin in half and scoop out the insides.
3. Line a baking sheet with parchment paper.
4. Place the pumpkin halves inside-down on the baking sheet.
5. Insert into oven and roast for 1 hour.

16th Century Pumpkin Cheesecake

Ingredients

- 2 cups pumpkin purée
  see this recipe for making from scratch
- 1 cup ricotta cheese
- 1 cup mascarpone
  Substitute: cream cheese
- 7 medium eggs
- 1¼ cups brown sugar
- 2 Tbsp cinnamon
- 4 tsp powdered ginger
- 1 cup cream
- 5 Tbsp unsalted butter
- ¼ cup melted butter
- cinnamon-sugar mixture for dusting top at the end of baking

Makes: 8 servings pumpkin cheesecake

Steps

1. Preheat oven to 350ºF.
2. Add pumpkin purée, ricotta cheese, and mascarpone to a mixing bowl and mix until smooth with a hand mixer.
3. Whisk eggs separately, and then add them to the bowl and continue mixing.
4. Add brown sugar, cinnamon, and ginger, and continue mixing.
5. Add cream (or milk) and the unmelted, unsalted butter and continue to mix until smooth. The batter will be very soupy; this is expected.
6. Spread the melted button on the bottom of an oven-safe tart dish to completely cover the bottom and sides.
7. Bake for 1 hour and 15 minutes, or just 1 hour if using a preheated cast iron Dutch oven.
8. The cake is ready when it has puffed up and is still wobbly in the middle.
9. Lightly dust the top with the cinnamon-sugar mixture, turn off the oven, and leave the cake inside with the oven closed for another 45 minutes.
10. Remove from the oven and let cool.

Gluten Free Pumpkin Bread

Ingredients

- 1½ cups gluten free cake flour
- 1 cup sugar
  Substitute: monk fruit sweetener
- 1 tsp baking soda
- ¼ tsp baking powder
- 1 tsp salt
- 2 tsp cinnamon
- ½ tsp nutmeg
- ½ tsp ginger
- ¼ tsp allspice
- 1 cup pumpkin purée (see this recipe for making from scratch)
- 2 large eggs
- ⅓ cup milk
- ½ cup neutral oil
- 1 tsp vanilla extract
- 1 tsp lemon juice

Makes: 12 slices pumpkin bread

Steps

1. Preheat oven to 350ºF. Generously grease a 9"x5" loaf pan with butter.
2. In a large bowl, mix the dry ingredients (first 9).
3. In a separate large bowl, mix the wet ingredients.
4. Add the wet ingredients to the dry ingredients and stir to incorporate. The batter will be very thick, especially when using fresh pumpkin, so a large spoon or spatula may help.
5. Pour the batter into the loaf pan and smooth out the top. Take a knife and gently create a crease in the batter spanning the length of the pan. This will help the bread to rise evenly.
6. Bake for one hour, or until a toothpick inserted into the center comes out clean.

Pumpkin Pancakes

Ingredients

- 1½ cups flour
- 1 Tbsp Monk fruit sweetener
- 1 Tbsp baking powder
- ½ tsp salt
- 1½ Tbsp cinnamon
- 1½ tsp powdered ginger
- ½ tsp nutmeg
- 2 cups milk
- 1 medium egg
- 1 Tbsp oil
- 1 tsp vanilla
- 1 Tbsp lemon juice
- 1 cup pumpkin purée
  see this recipe for making from scratch

Makes: 15 pancakes

Steps

1. In a large bowl, mix the dry ingredients thoroughly.
2. Add the wet ingredients, leaving the pumpkin purée last.
3. Mix and heat the stove on medium or a griddle to about 300^{o}F.
4. Add a small amount of butter or oil to the griddle and add the pancakes when hot.

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