

# FOOD

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or editor@esthervilledailynews.com

## PERFECTLY PLEASING the PUMPKIN

**By MARY ANN MENENDEZ**  
For every one person polled about one favorite autumn attribute, there would be more than half who agree with me that pumpkin tops them all.

This gigantic, smooth-skinned, squash is a beautiful shade of well, pumpkin. It also can be carved into a Jack O'Lantern to ward off evil spirits at Halloween.

But hands down, the best part is the innards that are sweet, aromatic and so good for us. And don't forget those wonderful seeds!

A one cup serving of cooked pumpkin contains: 49 calories and 245 percent of the recommended daily allowance of Vitamin A. There is also 19 percent of Vitamin C, 8 percent iron and 4 percent calcium. There is no fat, cholesterol or sodium. Dietary fiber stands at 3 grams. There are some sugar and fiber at 2 grams each.

There's an assortment of sweets involving pumpkin from pie and cake to bread and muffins. I was fortunate enough to find a few main dish ideas that may soon become a favorite at my house and yours.

### Frost on the Pumpkin Pie

- 1 9-inch pie crust, baked
- 1 cup pumpkin puree
- 1/2 cup packed brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1 quart vanilla ice cream, softened

Combine pumpkin, brown sugar, salt and spices. Mix well. Blend in ice cream. Pour into pie shell. Freeze until firm. Return leftovers to freezer.

### Pumpkin Loaves

- 2 cups sugar
- 1 cup oil
- 3 egg whites
- 1 can (16 ounces) pumpkin

3 and 1/2 cups flour  
2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon allspice  
1 teaspoon nutmeg  
2/3 cup water  
Chopped nuts  
Mix sugar, oil and egg whites together. Add pumpkin and remaining ingredients. Mix well. Bake in two 5 x 9 inch greased and lightly floured pans at 350 degrees for 45 minutes or until toothpick comes out clean. Let stand 10 minutes. Remove from pans and cool.

### Pumpkin Pancakes

- 2 cups complete pancake mix
  - 1 1/2 cups water
  - 2/3 cup pumpkin puree
  - Nonstick cooking spray
  - Pancake syrup, if desired
- Combine pancake mix, water and pumpkin in medium bowl. Stir just until moistened. Batter may be lumpy. SPRAY griddle or large skillet with nonstick spray. Heat over medium heat. Pour 1/4

cup batter onto hot griddle; cook until batter bubbles begin to burst. Turn and continue cooking for 1 to 2 minutes or until golden. Repeat with remaining batter. Serve with syrup. Makes 12 pancakes

### Pumpkin Soup

- 2 cups pumpkin, cooked
  - 3 cups chicken broth
  - 3 tablespoons butter
  - 1 cup light cream
  - 1 medium onion, diced
  - 1 medium apple, diced
  - 1/2 teaspoon salt
- Melt butter in a heavy saucepan. Sauté onion and apple until tender. Stir in pumpkin, broth and spices. Remove from heat. Process or blend until smooth. Return to saucepan and stir in cream. Heat through and serve.

### Pretty Pumpkin Dessert

- Step 1:**  
12 whole graham crackers, crushed fine  
1/2 cup melted butter  
1/2 cup sugar
- Mix together and press into bottom of 9 x 13 pan.
- Step 2:**  
1 (8 ounces) pkg. of cream cheese, softened  
3/4 cup sugar  
2 eggs
- Beat until fluffy. Pour on top of graham crust and bake for 20 minutes at 350 degrees. Set aside.

- Step 3:**  
1 pound pureed pumpkin  
3 egg yolks  
1/2 cup sugar  
1/2 cup milk  
1/2 teaspoon salt  
3 teaspoons pumpkin pie spice
- In heavy saucepan mix together and cook over medium heat until thickened. Remove from heat and cool.
- Step 4:**  
1 envelope unflavored gelatin  
1/4 cup cold water
- Dissolve completely and add to cool pumpkin mixture.
- Step 5:**  
3 egg whites  
1/4 cup sugar
- Beat until peak forms. Fold into pumpkin mixture. Spread evenly on top of cream cheese mixture. Chill 5 hours or overnight. Keep stored in refrigerator.

- Step 6:**  
12 ounces low-fat non-dairy whipped topping
- Just before serving spread evenly on top of pumpkin torte. Cut into squares. Refrigerate leftovers.

### Pumpkin-Pork

- 1 slice thick bacon, diced
  - 2 cups fresh, peeled and sliced (1/4-inch pieces) pumpkin
  - 1 yellow onion, peeled and sliced
  - 1/2 cup chicken broth
  - 1 pound pork butt or shoulder, cut into 1/8-inch strips
  - One-inch teaspoon ground cumin
  - Salt and pepper to taste
- In a frying pan or wok, saute the bacon until it is transparent. Add the pumpkin slices and onions. Stir around in the rendered bacon fat. Add the broth. Cover and cook over medium heat until the pumpkin is tender, about 15 minutes. Remove the vegetables from the pan. Reheat the pan and saute the pork until done, about 5 minutes. Add the vegetables to the pan and toss with the cumin, salt, and



pepper. Cover for just a moment so that the flavors can mingle.

### Sweet Pumpkin Hot Dish

- 2 cups pumpkin puree
  - 1 cup evaporated milk
  - 1 cup white sugar
  - 1/2 cup self-rising flour
  - 2 eggs
  - 1 teaspoon vanilla extract
  - 1/2 cup butter
  - 2 pinches ground cinnamon
- Preheat oven to 350 degrees. Combine the pumpkin, evaporated milk, sugar, flour, eggs, vanilla, melted butter and ground cinnamon to taste. Spoon into a casserole dish. Bake at 350 degrees for 1 hour.

### Mexican Pumpkin Pie

- 1 pound ground beef
- 2 cups peeled, cubed pumpkin, about 1/2-inch squares
- 1 onion
- 1 15-ounce can black beans
- 1 cup corn
- 4 ounces can diced green chilies
- 1/2 teaspoon salt
- 1/2 cup beef broth
- 3 ounces cream cheese
- 1 8-ounce package corn muffin mix
- 1 egg
- 1/3 cup milk
- 1/3 cup pumpkin puree

Preheat oven to 400 and grease an 8 x 11-inch pan. Chop onion and sauté with beef and pumpkin until beef is cooked & onion is translucent. Drain any excess fat. Add corn, chiles, drained & rinsed black beans, salt, cream cheese & broth. Cook on medium until cream cheese is melted, then pour into prepared pan. Mix corn muffin mix, egg, milk & pureed pumpkin in a bowl. Spoon batter over beef mixture and bake for 20-30 minutes, or until cornbread is cooked through.

### Cinnamon Croutons & Pumpkin Soup

- 2 tablespoons brown sugar
- 1 15-ounce can pumpkin puree
- 2 14-ounce cans sodium-free chicken broth
- 1 cup onion, chopped
- 6 tablespoons butter, softened
- 1/2 teaspoon ground cinnamon
- 4 slices whole-wheat bread

- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 pumpkin pie spice
- 1 cup heavy whipping cream
- 1/8 teaspoon ground black pepper
- Handful cilantro leaves
- 1/2 teaspoon ground ginger

Preheat oven to 400 degrees. Mix together 1/2 teaspoon cinnamon, half the sugar and butter and spread it evenly over one side of each slice of bread. Put the bread, buttered side up on a baking tray. Bake for about 8 minutes or until bread is toasted. Cut the bread slices into small squares. Saute the onion in the rest of the butter until tender, and then add half of the chicken broth. Stir the mixture well. Bring it to a boil. Cover the pan and turn down the heat. Let mixture simmer for about 15 minutes. Process the broth in a food processor or blender until it is smooth. Put it back into the pan and add the other can of broth, salt, cinnamon, pumpkin pie spice, pumpkin puree, pepper and the rest of the sugar and the ginger. Stir the mixture well and bring it to a boil. Cover the pan, turn down the heat and let soup simmer for about 10 minutes, stirring continuously. Stir in the cream and warm through without boiling. Ladle soup into 6 bowls and garnish with cilantro leaves and croutons.

### Autumn Treat

- 1 (21 ounces) can apple pie filling
- 1 (16 ounces) can pumpkin
- 1 (14 ounces) can sweetened condensed milk
- 2 eggs
- 1 teaspoon cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 cup gingersnap crumbs (about 18 cookies)
- 2 tablespoons butter, melted

Preheat oven to 400 degrees. Spoon apple filling into 8 to 10 lightly greased custard cups. In large mixer bowl, combine pumpkin, sweetened condensed milk, eggs, cinnamon, nutmeg and salt. Spoon equal portions over apple filling. Combine crumbs and butter. Sprinkle over pumpkin filling. Place cups on 15 x 10 inch baking pan. Bake 10 minutes. Reduce oven temperature to 350 degrees; bake 15 minutes longer or until set. Cool. Serve warm. Refrigerate leftovers.

### Pumpkin Shell Stew

- 2 pounds beef stew meat, cut in 1 1/2-inch cubes
- 1 large onion, chopped
- 2 cloves garlic, minced
- 3 tablespoons oil
- 2 large tomatoes, chopped
- 1 large green pepper, chopped
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 teaspoon sugar
- 1 cup dried apricots
- 3 white potatoes, peeled & diced
- 3 sweet potatoes, peeled & diced
- 2 cups beef broth
- 1 medium pumpkin
- 4 tablespoons butter, melted
- 1/4 cup dry sherry
- 1 (16 ounces) can whole kernel corn

Cook beef with onion and garlic in oil until browned. Add tomatoes and pepper, 2 teaspoons salt, 1/2 teaspoon pepper, sugar, apricots, white potatoes, sweet potatoes and broth. Cover and simmer for 90 minutes. Meanwhile, cut off pumpkin top and discard. Scoop out seeds and stringy membrane. Brush inside of pumpkin with melted butter and sprinkle lightly with salt and pepper. Stir sherry and corn into stew and spoon into pumpkin shell. Place shell in shallow pan and bake at 325 degrees for 1 hour or until pumpkin meat is tender. Place pumpkin in large bowl and ladle out stew, scooping out some of the pumpkin with each serving. Makes 6-8 servings.

### Impressive Pumpkin Cake

- 3 cups flour
  - 1 tablespoon baking powder
  - 2 teaspoon baking soda
  - 2 teaspoon pumpkin pie spice
  - 1 teaspoon salt
  - 4 eggs
  - 1 cup sugar
  - 1 cup brown sugar
  - 1 can pumpkin
  - 1 cup oil
- Mix together flour, baking powder, baking soda, pumpkin pie spice and salt. Beat eggs until foamy, add sugar and brown sugar. Beat until thick. Blend in can of pumpkin and oil. Add to dry ingredients. Mix well. Pour into a greased and floured Bundt cake pan. Bake at 350 degrees. Cool thoroughly before removing from pan.
- Glaze:**  
1/4 cup butter

- 1/2 cup brown sugar
- 2 cups confectioners' sugar
- 1 teaspoon rum flavoring
- Dash of salt
- Powdered sugar
- Milk

In pan, melt butter, stir in brown sugar. Heat, bringing to a boil, stir in confectioners' sugar, rum flavoring and salt. Add powdered sugar and milk for consistency. Drizzle over cake.

### Pumpkin Pasta

- 2 tablespoons olive oil
- 2 onions, chopped
- 2 pounds spinach, washed well and chopped
- 2 1/4 teaspoons salt
- 1 teaspoon fresh-ground black pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon grated nutmeg
- 3 cups canned pumpkin puree
- 1 1/2 cups heavy cream
- 1 1/2 cups grated Parmesan
- 1/2 cup milk
- 9 no-boil lasagna noodles (about 6 ounces)
- 1 tablespoon(s) butter

In a large nonstick frying pan, heat the oil over moderately low heat. Add the onions and cook, stirring occasionally, until translucent, about 5 minutes. Increase the heat to moderately high and add the spinach, 1 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon oregano, and 1/4 teaspoon nutmeg. Cook, stirring, until the spinach is wilted and no liquid remains in the pan, 5 to 10 minutes. Heat the oven to 400 degrees. In a medium bowl, mix together 2 cups of the pumpkin, three-fourths cup cream, 1/2 cup Parmesan, and the remaining 1 and 1/4 teaspoons salt, 1/2 teaspoon pepper, 1/2 teaspoon oregano, and 1/4 teaspoon nutmeg. Pour the milk into an 8-by-12-inch baking dish. Top the milk with one third of the pumpkin mixture over the noodles. Layer half the spinach over the pumpkin and top with a second layer of noodles. Repeat with another layer of pumpkin, spinach and noodles. Combine the remaining 1 cup of pumpkin and three-fourths cup of cream. Spread the mixture evenly over the top of the lasagna, sprinkle with the remaining 1 cup of Parmesan, and dot with the butter. Cover with aluminum foil and bake for 20 minutes. Uncover and bake until golden, about 15 minutes more.

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