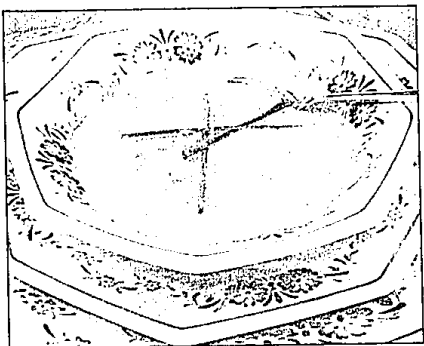


# Pumpkins are not just for carving, they're good to eat, too

See related story on Taste front.

## PUMPKIN BISQUE

- 1 tablespoon canola oil
- 1 Granny Smith apple, peeled, cored, and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups vegetable broth
- 1 yam or sweet potato, peeled, halved lengthwise, and cut in 1/2-inch slices
- 1 (16-ounce) can pureed pumpkin
- 1/4 teaspoon dried thyme leaves
- Salt and freshly ground pepper
- 4 teaspoons minced chives, for garnish



AMERICAN INSTITUTE FOR CANCER RESEARCH

**Velvety soup:** Pumpkin Bisque takes just minutes to make. Cubes of fresh apple, browned in a skillet, add the perfect contrast to this luscious, dairy-free soup.

*fat. Recipe by Dana Jacobi, author of "The Best Clay Pot Cooking," for the American Cancer Institute*

### Cooking pumpkin

Prepare pumpkin to eat just like you would squash. Clemson University Cooperative Extension shares this recipe on their Web site, [www.ces.clemson.edu/hallowd.htm](http://www.ces.clemson.edu/hallowd.htm)

Wash a 1 1/2 to 3 pound sugar pumpkin; cut off the top, saving

the lid and the stem for a handle. Scrape out the seeds and pulp, wipe out the inside, then brush with melted butter and sugar or salt, if desired. Replace the lid and bake in a 350°F oven for 35 minutes.

Coat the inside flesh once again with butter, sugar, or salt and bake another 10-15 minutes or until it is fork tender. Slice into wedges and serve plain.

Here's another tip from Clemson University, make pumpkin

pancakes by adding fresh cooked or canned pumpkin to your favorite pancake batter. Cook as directed and serve with warm applesauce.

### TOASTED PUMPKIN SEEDS

Separate seeds from stringy fiber (choose mature, well-filled seeds). Thoroughly dry seeds at room temperature. Melt 1 tablespoon butter or margarine in a jelly roll pan or other shallow pan with sides in a 425°F oven. Add one cup of seeds and shake to coat with melted butter. Bake, stirring frequently until lightly browned. Cooking time will vary from 15-20 minutes depending on the dryness of the seeds.

Season with salt. Cool. Store in covered jar.

The hulled, toasted pumpkin seeds can be used to replace nuts in quick breads and cookies; to replace almonds in salads and casseroles...and as a light snack.

Recipe from the MSU Extension, Oakland County.

### Making pumpkin puree

Sylvia Treitman of the MSU Extension Oakland County offers these recommendations for preparing pumpkin puree for pies, soups and desserts:

**Halve pumpkin, remove seeds and stringy portion.**

**To cook in water:** Cut halves into small pieces; then pare. Add pumpkin to small amount of boiling water and cover.

**To bake:** Cut pumpkin in halves or quarters. Remove seeds. Place cut side down in a shallow pan and bake in 350°F oven for 1 hour or until pumpkin becomes tender and begins to fall apart. Then cool.

### PUMPKIN CAKE

- 1 package spice cake mix
- 2 eggs
- 2/3 cup mashed cooked pumpkin (fresh or canned)
- 1/3 cup water
- 1/3 cup orange-flavored liqueur (optional)

Prepare the spice cake mix as directed on the package, substituting pumpkin, water and liqueur for the specified liquid.

Bake in a greased and floured 10-inch tube pan or fluted Bundt pan 45-50 minutes in a moderate oven 350°F. Cool cake and glaze.

Blend 1 cup confectioners sugar and 1 tablespoon orange-flavored liqueur until smooth, adding more liqueur if necessary to make a thin paste. Spread on pumpkin cake and let drip down sides.

MSU Extension, Oakland County.

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## Oktoberfest dish easy-to-make

AP - Historically, Oktoberfest is a German revelry famous for an abundance of food and fun.

This at-home version of Apple-Kraut and Bratwurst Skillet is easy to make. And it's perfect for an evening at home with family and friends in festive spirit.

Bratwurst, a lightly spiced sausage, is browned then simmered in the same pan with a mixture of sautéed onions, tart green apple wedges and sauerkraut. Serve with other traditional foods such as dark rye bread and strudel for

dessert.

### APPLE-KRAUT AND BRATWURST SKILLET

- 1 pound fresh bratwurst
- 2 tablespoons vegetable oil
- 1 medium onion, thinly sliced
- 1 medium tart green apple, cored, cut into 12 wedges
- 1 pound sauerkraut, drained (about 2 cups)
- 1/4 cup apple juice
- Pepper to taste

Cook bratwurst in oil over medium-low heat in large nonstick skillet

10 minutes or until browned on all sides; remove from heat and reserve. Add onion and apple wedges to skillet; cook and stir over medium heat 5 minutes or until lightly browned. Stir in sauerkraut, apple juice and pepper. Return bratwurst to skillet.

Bring to a boil. Reduce heat and simmer 20 minutes or until bratwurst is cooked through and juices run clear. Makes 4 servings.

Recipe from National Cattlemen's Beef Association.

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