

# Pumpkins aren't just for carving, you can cook them, too

See related pumpkin patch story on Taste front.

**PUMPKIN APPLE BUTTER**  
Makes: 3 cups  
1 1/2 cups solid packed pumpkin  
1 cup apple juice  
1 cup (about 1 medium) peeled and grated apple  
1/2 cup packed brown sugar  
1/2 teaspoon pumpkin pie spice

Combine pumpkin, apple juice, apple, sugar and pumpkin pie spice in medium saucepan. Bring to a boil.

Reduce heat to low, simmer for 1 1/2 hours, stirring occasionally. Pour into container.

Cover, chill. May be stored in refrigerator for up to two months.

**CHILI, PUMPKIN STYLE**  
2 cups fresh or canned pumpkin  
3 pounds lean ground beef  
2 cans red kidney beans  
2 medium onions - chopped  
3 cans cut tomatoes (15 ounce)  
2 tablespoons chili powder  
1/2 teaspoon red pepper (optional)  
2 tablespoons sugar  
1 teaspoon salt  
2 bay leaves  
1 cup mushrooms (optional)

Brown ground beef and drain off excess fat. Put ground beef into a large pot. Add each ingredient into the pot. Cook on low for one to two hours. Serve with

crackers. **Serving Tips and Suggestions:** Serve with hot bread. Try garlic bread. Use smaller amounts of red pepper and chili powder while cooking. Leave it on the table for those with hotter taste buds. You will find small children will more likely eat it if it is not so hot.

**PUMPKIN PUREE**  
Making puree is an easy task. If you've made fresh squash from a butternut, Hubbard or other squash, you can follow the same process.

Recommendation for making pumpkin puree (or pulp):

Select a ripe and firm medium pumpkin. Larger pumpkins can be used, but they begin to take on a grainy texture.

Cut open the pumpkin and remove the seeds and fibrous strings.

Cut the pumpkin into four to eight pieces. Line a large baking pan aluminum foil.

Place pumpkin pieces onto the baking pan. Bake in the oven at 375 degrees, for one to 1 1/2 hours.

Remove the pulp from the rind with a spoon and discard the rind. Blend the pulp until smooth using a blender or food processor.

To create a thicker puree, put the pulp into a cheesecloth and squeeze out excess water.

Leftover puree can be frozen for a short period of time. Canning pumpkin puree is not recommended by the USDA.

## SASKATCHEWAN MASHED PUMPKIN

3-4 cups pumpkin, cooked, mashed  
1 onion  
2 tablespoons olive oil  
1 bell pepper  
Salt to taste  
Pepper to taste

To cook pumpkin, clean one pumpkin and peel it. Cover with water and simmer until soft.

Drain, then, mash pumpkin with a masher. Re-heat mashed pumpkin in a large saucepan. Thinly slice an onion and bell pepper.

Fry the onion and pepper in olive oil until brown. Add browned onions and pepper to pumpkin. Mix in. Add coarse salt and fresh ground pepper to taste.

## CURRIED PUMPKIN SOUP

1/2 cup chopped onion  
1 teaspoon minced garlic  
1 teaspoon curry powder  
2 tablespoons butter or margarine  
1 cup pureed pumpkin (or about 1/2 can of pumpkin)  
1/2 teaspoon nutmeg  
1/2 teaspoon sugar  
2 cups veggie broth (or can use chicken broth)  
1/2 cups milk  
1 tablespoon cornstarch or arrow root or tapioca powder (use as thickening agent)  
2 tablespoons heavy cream (optional)

Pre-heat oven to 350°F. Sift

Chopped chives (as decoration)

In large pan cook onion, garlic, and curry powder in the butter or margarine for a few minutes until onion is tender. Add pumpkin, nutmeg, sugar and the bay leaf. Stir in the broth and bring to a boil. Reduce heat and simmer uncovered for about 15 minutes. Take out the bay leaf. Stir in 1 cup of the milk and cook over low heat for a few minutes. In another bowl, stir together the remaining milk and the cornstarch until dissolved, then add it to the pan.

Cook and stir until thickened and bubbly. Cook a couple more minutes. To serve: Swirl the cream on top, and garnish with chives.

## SPICY PUMPKIN COOKIES

1/2 cup soft butter or margarine  
1/2 cup light brown sugar  
1/2 cup cooked, strained pumpkin (or canned)  
1 egg  
1 cup flour  
1/2 cup raisins  
1/2 cup chopped almonds (or walnuts)  
2 teaspoons baking powder  
1 teaspoon cinnamon  
1/2 teaspoon ginger  
1/2 teaspoon nutmeg  
1/2 teaspoon salt  
1/2 cup dried, candied orange peel (found in the baking aisle)

Pre-heat oven to 350°F. Sift

flour with baking powder, cinnamon, ginger, nutmeg and salt and set aside. In a large mixing bowl, beat butter and sugar until fluffy. Beat in egg and pumpkin. Stir in flour mixture. Add in nuts, orange peel and raisins, mixing well. Drop rounded teaspoonful of dough onto a cookie sheet. Flatten slightly with spoon. Bake 20 minutes.

## PUMPKIN CHEESE CAKE BARS

Crust: 1 cup flour  
1/2 cup brown sugar  
1 stick sweet butter  
1/2 cup chopped walnuts

Filling: 8 oz. cream cheese  
1/2 cup sugar  
2 eggs  
1/2 cup pumpkin  
1 teaspoon vanilla  
1/2 teaspoon nutmeg  
1/2 teaspoon cinnamon  
1/2 teaspoon ginger

Crust - Blend in food processor until ball forms. Press in 8 by 8-inch pan. Bake at 350°F for 15-20 minutes. Cool slightly.

Directions for Filling - Blend until smooth. Pour over crust. Bake 350°F for 35-40 minutes or until set. Cool and cut into bars.

Recipe source: www.pumpkinbook.com

## PUMPKIN CHILI MEXICANA

1 pound ground beef or turkey  
1/2 cup chopped onion

1/2 cup diced, each - red and green bell peppers  
1 garlic clove, minced  
2 (14.5-ounce) cans diced tomatoes, including liquid  
1 (15-ounce) can each: pumpkin, tomato sauce and kidney beans, drained  
1 (4-ounce) can diced green chilies  
1 cup frozen or fresh corn kernels  
1 tablespoon chili powder  
1 teaspoon each - ground cumin and salt  
1 teaspoon freshly ground black pepper

Crumble ground beef in a dishwasher-safe hard-plastic colander suspended over a 3- to 4-quart casserole. Sprinkle onion, red and green bell peppers and garlic over meat. Stirring midway through cooking, microwave on high 7 minutes. Discard grease and place meat mixture in same casserole.

Add tomatoes, pumpkin, tomato sauce, kidney beans, chilies, corn, chili powder, cumin, salt and pepper; stir to blend. Cover with lid or vented plastic wrap and microwave on high 8 minutes.

Stir, cover and microwave on medium (50 percent) 12 minutes. Makes 10 servings, each: 216 calories.

Serving Suggestion: Accompany with grated Cheddar cheese, diced green onion and sour cream.

Recipe Source: www.chron.com

# It's time to eat your fennel - it's loaded with antioxidants

You might not know unless you grew up in Europe, where fennel has been eaten for centuries, but the season for this delicately flavored vegetable has just begun.

Fennel looks something like celery and is occasionally confused with dill. It has a fragrant bulb, celery-like stems, feathery fronds and gold-yellow flowers. It is sometimes called by its Italian name, finocchio, or anise, because of its delicate, licorice taste.

Fennel contains vitamin C and beta carotene, a powerful antioxidant believed to help reduce the risk of cancer, enhance immunity and prevent cataracts.

Both the bulb and stems can be eaten raw or cooked. Their slight anise flavor complements many cooked dishes, especially fish, as well as salads.

The leaves are used for garnish or added to a dish just before serving, to enhance flavor.

Fennel seed, found in the spice section of markets, is used in both sweet and savory foods.

Look for fennel bulbs with no discoloration, firm stalks

and bright green, perky fronds. Cut off the stalks across the top the bulb where it turns white. Discard them or use to flavor sauces and broths. Slice off the root end. Peel away the tough outer layers.

Halve the bulb vertically. You will see a triangular, hard core; using a small knife, cut out most of it, leaving enough to keep the layers attached if roasting or grilling.

If serving fennel raw, slice the bulb into thin wedges.

Prevent discoloring by dropping the slices into a bowl of water and the juice of half a lemon added. Just before serving, drain them, pat dry and use in a mixed green salad.

Or serve them on their own, fanned out on a plate and drizzled with a little olive oil.

To add to a casserole or braise for a side dish, cut the fennel bulb into chunks and cook until tender.

To grill or roast, simply lightly coat with an oil spray and sprinkle with salt and pepper beforehand.

Fennel and orange slices make a simple but tasty salad that can be served before or

after a meal.

## FENNEL AND ORANGE SALAD

3/4 teaspoons ground coriander  
2 Tablespoons red-wine vinegar  
2 Tablespoons fresh orange juice  
3/4 teaspoon salt  
3 Tablespoons extra virgin olive oil  
1/4 cup loosely packed fresh mint leaves  
1 small red onion  
3 large navel oranges  
1 large fennel bulb (about 1 lb.), stalks and fronds removed, cut in julienne strips  
1/2 small, whole mint leaves, for garnish (optional)

To make the dressing, heat a small non-stick skillet over moderate heat until hot. Add coriander and toast it, stirring constantly, until fragrant and slightly darker, about 1 to 2 minutes, watching carefully to prevent burning. Remove coriander from pan immediately and transfer to a small bowl.

To the bowl add vinegar, juice, salt, oil and mint. Whisk until well blended. Cover and keep chilled until ready to use. (Dressing may be made 1 day ahead.)

Drain onion rings and pat dry between paper towels. Arrange



AMERICAN INSTITUTE FOR CANCER RESEARCH

Fennel and Orange Salad is a simple but tasty salad that can be served before or after a meal.

Cut onion in half crosswise, then slice very thin. Soak separated onion rings in a medium bowl of ice cubes and cold water for 15 minutes.

Meanwhile, remove peel and pith from oranges. Cut oranges crosswise into 1/4-inch thick slices. Cut fennel bulb crosswise into thin slices.

Drain onion rings and pat dry between paper towels. Arrange

fennel, onion and orange alternately in a spiral ring design on 6 plates.

Shake or whisk dressing to re-combine and drizzle over salad. Garnish with mint leaves, if desired. Makes 6 servings.

Nutrition information per serving: 126 calories, 7 g. total fat (less than 1 g. saturated fat), 16 g. carbohydrate,

2 g. protein, 4 g. dietary fiber, 332 mg. sodium.

Recipe from the American Institute for Cancer Research. AICR offers a Nutrition Hotline (800) 843-8114 Monday-Friday, 9 a.m. to 5 p.m. EST, a free service that allows you to ask a registered dietitian questions about diet, nutrition and cancer. AICR's Web address is www.aicr.org.

# Sugarloaf Art Fair®

350 Fine Artists & Craft Designers

**Oct. 18, 19, 20, 2002**

**Novi Expo Center**  
Novi, MI

**Daily Adult Admission \$6.00**  
Children under 12 & Parking FREE  
Friday, Saturday & Sunday 10 AM - 6 PM

- All Indoors • Entertainment
- Craft Demonstrations • Specialty Foods
- Strollers Not Recommended • No Pets Please

**FOR DISCOUNT ADMISSION COUPONS:**

- Print them from our website at [www.SugarloafCrafts.com](http://www.SugarloafCrafts.com)
- Visit your local Farmer Jack
- Call 800-210-9900

**DIRECTIONS:** Take I-96 to Exit 162. Turn right onto Novi Rd. At the light, turn right onto Expo Center Dr. Follow signs.

Buy crafts online at [www.CraftsOnline.com](http://www.CraftsOnline.com)

Glass sculpture designed by Celeste North

## Gail's Healthy Shopping Tip

Add more soy to your diet with Veggie Slices. Each slice contains 40 calories and only 2 grams of unsaturated fat.

"Many clients who dislike the taste of soy enjoy the taste of this cheese," said Gail Posner, a registered dietitian with Healthy Ways Nutrition Counseling in West Bloomfield.

Numerous medical studies show that including soy in your diet helps lower heart disease risk, reduces menopausal symptoms, protects against cancer, and builds stronger bones.

## COMMUTER EXPRESS

Brings you Reliable Motorcoach Service to

### CASINO WINDSOR®

DEPARTURES FROM:

- Auburn Hills • Bloomfield
- Farmington • Novi
- Hamtramck • Madison Heights
- Roseville • Southfield • Troy
- Livonia • Warren
- Sterling Heights • Westland
- Dearborn • Taylor
- Lincoln Park • Wyandotte
- Clinton Twp. • St. Clair Shores

**\$5.00** (per person) {Including: \*15 Food Voucher or Lunch Buffet or \*15 in Gaming Coins}

Call about our new Sunday routes now available

**Call 1-800-290-2957**

See website for complete list of destinations. \*Cash, check, Visa, MasterCard, Discover and American Express accepted.