



PUMPKIN IT UP!

ELIZA CROSS

\$16.99 U.S.

Jacketless Hardcover
7 1/4 x 8 in, 128 Pages
50 color photographs
Pub Date: August 2016

ISBN-13: 978-1-4236-4456-9
5 1699



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Pumpkin Spice Latte

Makes 4 servings

3 1/2 cups milk

**1/2 cup canned or cooked pumpkin
purée**

1/4 cup sugar

1 tablespoon vanilla extract

1 teaspoon pumpkin pie spice

**1 1/2 cups strong coffee or
espresso**

Whipped cream, for topping

Chocolate syrup, for topping

In a large saucepan over medium heat, combine the milk, pumpkin, sugar, vanilla, and pumpkin pie spice. Heat, stirring constantly, until sugar dissolves. Add the coffee or espresso and heat just until small bubbles form around the edge of the pan. Divide among 4 large coffee mugs, top with whipped cream, and drizzle with chocolate syrup.



Pumpkin Cream Puffs

Makes about 24 cream puffs

1 cup water
1/4 cup butter or margarine
1 cup flour
4 eggs
2 cups heavy whipping cream, chilled
1 (8-ounce) package cream cheese, softened

1 cup canned or cooked pumpkin purée
1/4 teaspoon maple flavoring
1 cup powdered sugar
2 teaspoons pumpkin pie spice

Preheat oven to 400 degrees.

In large saucepan over medium-high heat, combine the water and butter and bring to a rolling boil. Stir in the flour and reduce heat to low. Stir vigorously for about 1 minute, or until mixture forms a ball; remove from heat. Beat in the eggs all at once and continue beating until smooth.

On an ungreased baking sheet, drop the dough by rounded tablespoonfuls, leaving about 3 inches in between. Bake until puffed and golden, 20–23 minutes. Remove from oven and cool on the pan away from drafts, about 30 minutes.

In a medium bowl, whip the cream until medium peaks form; reserve. In a large bowl, combine the cream cheese, pumpkin, and maple flavoring; beat until blended. Add the powdered sugar and pumpkin pie spice and beat until smooth. Fold in the reserved whipped cream.

Cut off the top third of each puff and pull out any strands of soft dough. Fill puffs with filling and replace tops.



Maple-Roasted Pumpkin and Brussels Sprouts

Makes 6 servings

1/2 cup chopped pecans
1 (1-pound) baking pumpkin,
peeled and cubed
2 tablespoons olive oil
2 tablespoons maple syrup

1 pound Brussels sprouts, halved
lengthwise
Salt and freshly ground black
pepper

Preheat oven to 400 degrees. Spread the pecans on a baking sheet and bake, stirring once, until lightly toasted, about 5 minutes; reserve the pecans and wipe off the baking sheet.

In a medium bowl, stir together the pumpkin, oil, and syrup. Spread on a baking sheet and bake for 20 minutes, stirring once halfway through cooking time.

Remove baking sheet from oven, add the Brussels sprouts, and stir to combine. Return to oven and bake until pumpkin and sprouts are tender, about 20 minutes, stirring once halfway through cooking time. Remove from oven and season to taste with salt and pepper. Sprinkle with toasted pecans.



Pumpkin, Corn, and Shrimp Bisque

Makes 8 servings

1 tablespoon olive oil
1 medium onion, chopped
2 cloves garlic, minced
1 green bell pepper, seeded and
chopped
2 (15-ounce) cans or 3 3/4 cups
cooked pumpkin purée
4 cups chicken or vegetable broth
1 1/2 teaspoons seafood seasoning,
such as Old Bay

1/4 teaspoon freshly ground black
pepper
2 (14.5-ounce) cans cream-style
corn
1 1/2 pounds medium shrimp,
peeled and deveined
Finely chopped green onions, for
garnish

In a large pot over medium heat, heat the oil and sauté the onion, garlic, and bell pepper until tender, 6–7 minutes. Stir in the pumpkin, broth, seafood seasoning, pepper, and corn; heat, stirring frequently, until mixture simmers. Reduce heat to low and cook, stirring often, for 15 minutes. Add shrimp, increase heat to medium, and cook until shrimp are pink and opaque, 4–7 minutes. Serve garnished with green onions.