



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



9 781423 644569



GIBBS  
SMITH



# Pumpkin It Up!

\* ELIZA CROSS \*

# Contents

**Introduction ... 7**

**Basic Recipes ... 9**

**Beverages and Sweets ... 17**

**Muffins and Breads ... 27**

**Breakfasts ... 43**

**Soups and Stews ... 59**

**Side Dishes ... 69**

**Dinners ... 79**

**Desserts ... 91**

**Cookies and Bars ... 109**

**Index ... 125**

## 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**

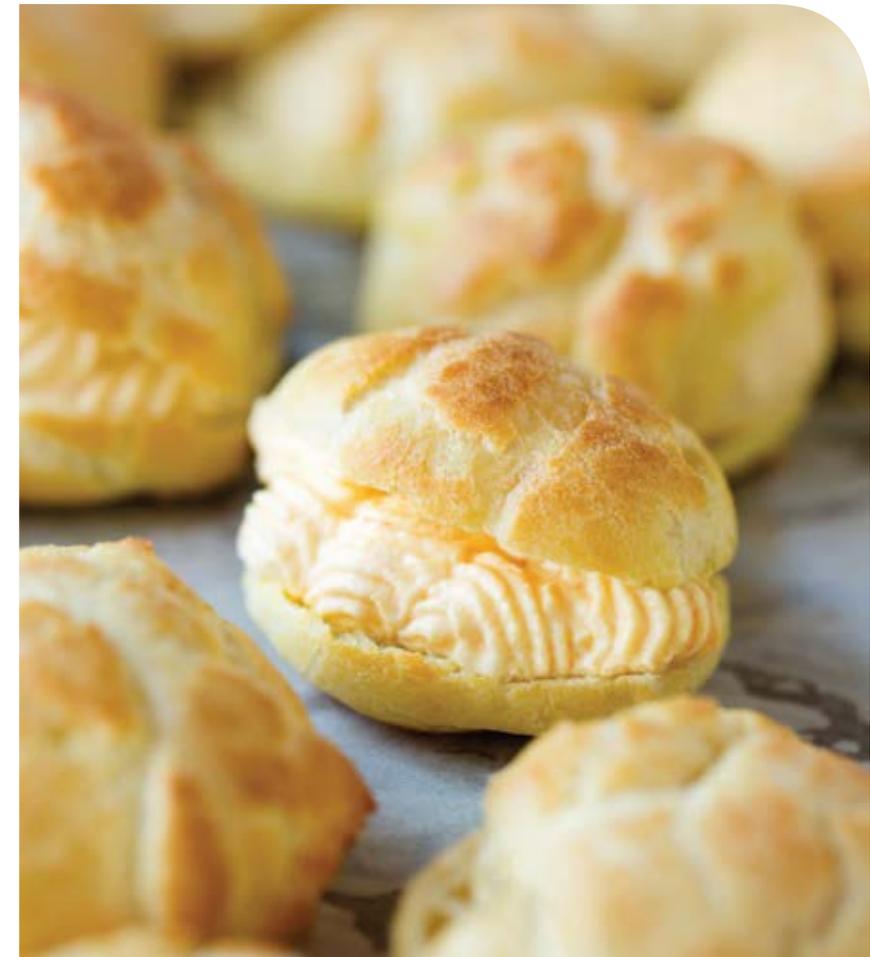
Preheat oven to 400 degrees.

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.