

Menu

Roasted Pumpkin and Garlic Soup
Pumpkin Risotto with Spicy Toasted Pumpkin Seeds
Homemade Pumpkin Pasta with Sausage
Herbed Pumpkin Gratin with Crispy Bread Crumb Topping
Black Bean and Pumpkin Chili

Roasted Pumpkin and Garlic Soup

1 2-pound pumpkin, halved and seeded
1 head of garlic, halved crosswise
3 tablespoons olive oil
1 cup chopped onion
½ cup chopped carrot
½ cup chopped celery
2 teaspoons ground cinnamon
1 teaspoon ground allspice
3-½ cups chicken stock
½ cup heavy cream
Salt and pepper

1. Preheat oven to 400 degrees. Place pumpkin cut side down on a sheet pan lined with silpat. Place the garlic halves on a sheet of aluminum foil and drizzle with olive oil. Season with salt and pepper. Close up foil and place on sheet pan with pumpkin. Roast until pumpkin is tender, about 50 minutes. Remove from oven and let cool. Scoop out flesh of pumpkin. Squeeze out garlic. Reserve both.
2. Bring a heavy Dutch oven to medium heat and add the oil. Cook the onion, carrot and celery until completely tender. Add the spices and cook 1 minute more. Add the reserved pumpkin and chicken stock and bring to a simmer. Cook 15 minutes or until flavors combine.
3. Remove from heat; add the garlic and heavy cream. Puree with an immersion blender until smooth. Season with salt and pepper.

Toasted Pumpkin Seeds

1 tablespoon olive oil
¾ cup raw pumpkin seeds
¾ teaspoon cumin
Pinch of cayenne pepper
Salt

1. Heat oil in a small skillet over medium heat. Add pumpkin seeds and cook, stirring constantly, until seeds begin to pop. Season with cumin, cayenne and salt.

Pumpkin Risotto with Spicy Toasted Pumpkin Seeds

2 tablespoons butter
2-½ cups diced pumpkin
1 tablespoon olive oil
2 small onions, finely chopped
¾ cup Arborio rice
½ cup white wine
8 cups chicken stock, at a simmer
½ cup grated parmesan cheese
1 tablespoon unsalted butter
Salt and pepper

1. Bring a sauté pan to medium heat and add the butter. Cook the pumpkin until tender and slightly browned. Season with salt and pepper; set aside.
2. Bring a heavy Dutch oven to medium heat and add the oil. Cook the onions until nicely tender but not browned. Stir in rice and cook until nutty. Add the white wine and cook until completely reduced. Add the chicken stock in 1 cup increments, stirring regularly until rice is tender. Stir in the cheese and butter; season with salt and pepper.

Pumpkin Pasta with Sausage

1 batch fresh pumpkin pasta
1 tablespoon olive oil
1 pound bulk sweet Italian sausage
1 medium onion, finely chopped
4 cloves garlic, minced
1 cup dry white wine
1 cup chicken stock
½ heavy cream
Freshly grated nutmeg
Parmesan cheese
Salt and pepper

1. Bring a large pot of salted water to a boil. Cook pasta until al dente. Drain, reserving ½ cup of the pasta cooking water. Keep warm.
2. Bring a large sauté pan to medium heat and add the olive oil. Cook the sausage until browned. Add the onion and cook until nicely softened. Add the garlic and cook 1 minute more. Add the wine and reduce by half. Add the stock and the cream and bring to a simmer. Cook until reduced to sauce consistency. Season with nutmeg, salt and pepper.
3. Add the pasta to the pan with the sauce. Cook, stirring, until pasta is coated with sauce (thin with pasta cooking water, if needed). Adjust seasoning and serve topped with parmesan cheese.

Pumpkin Pasta

- 1 cup semolina flour
- 1 cup all purpose flour
- ½ teaspoon salt
- ½ cup pureed pumpkin
- 1 to 2 tablespoons water

1. Add the flours, salt and pumpkin to the bowl of a stand mixer. Knead on low speed, adding water as necessary until dough forms a ball. Continue kneading until smooth and elastic, about 6 to 7 minutes.
2. Turn dough out on to a lightly floured board. Roll into a disk, wrap in plastic and let rest 30 minutes or more. Cut dough into four pieces. Using a pasta machine, roll dough to desired thickness. Cut to fettuccine width and length. Set aside.

Herbed Pumpkin Gratin with Crispy Bread Crumb Topping

- ½ cup panko bread crumbs
- ¼ cup grated parmesan cheese
- 2 tablespoons olive oil

- 1 15-ounce can of pumpkin puree
- 3 large eggs
- 1 cup heavy cream
- ¾ cup grated Swiss cheese
- 2 teaspoons finely chopped fresh rosemary
- 1 teaspoon unsalted butter
- Salt and pepper

1. Preheat the oven to 350 degrees. In a small bowl, mix together the bread crumbs, parmesan and olive oil; set aside.
2. Add the pumpkin, eggs, cream and Swiss cheese to the bowl of a food processor. Pulse to combine; season with rosemary, salt and pepper. Transfer to a buttered gratin dish; top with the reserved bread crumb mixture. Bake for 35 to 45 minutes, until set and lightly browned on top. Serve.

Black Bean and Pumpkin Chili

- 2 tablespoons olive oil
- 1 medium onion, diced
- 1 red pepper, diced
- 3 garlic cloves, minced
- 2 teaspoons chili powder
- 2 teaspoons oregano
- 2 teaspoons cumin
- 3 cups chicken stock
- 2 15-ounce cans of black beans, rinsed and drained
- 1 15-ounce can of pumpkin puree
- 1 15-ounce can of diced tomatoes
- 2 cups cooked diced pork
- Salt and pepper

1. Bring a large Dutch oven to medium heat and add the oil. Cook the onion and pepper until completely softened. Add the garlic and cook 1 minute more. Stir in the spices; season with salt and pepper.
2. Add the chicken stock, beans, pumpkin and tomatoes and bring to a boil; reduce heat and simmer until flavors combine, about 30 minutes. Stir in pork; season with salt and pepper.