

### Pumpkin curry

- 1 can pumpkin purée
- Half can coconut milk
- 1 medium red onion
- 3 gloves garlic
- 1 piece ginger
- 1 tablespoon red curry paste
- 1 red bell pepper
- 1 head broccoli
- ½ tsp turmeric
- Rice of choice

Slice red onion and start browning with your choice of oil.

Meanwhile, mince garlic, grate ginger and set aside. Chop pepper and broccoli.

Add garlic, ginger, turmeric and curry paste to the pot.

Cook for one minute and then add pumpkin purée and coconut milk. Let it reduce.

Purée the mixture.

Put back in the pot and add pepper and broccoli, cook until vegetables are tender.

### Pumpkin cupcakes

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1 cup pumpkin puree
- 1/2 cup canola or vegetable oil
- 1/2 cup brown sugar, packed
- 1/4 cup granulated sugar
- 2 large eggs

- 1 teaspoon pure vanilla extract

### Frosting

- 3 ounces cream cheese, softened
- 2 tablespoons butter, softened
- 2-3 teaspoons orange zest
- 2 cups confectioners' sugar
- Add orange juice if needed to thin slightly.

Preheat the oven to 350°F. Line a cupcake pan with cupcake liners and set aside. In a large mixing bowl, whisk together the dry ingredients. Set aside. In a separate bowl, whisk together the pumpkin puree, oil, brown sugar, granulated sugar, eggs, and vanilla until fully combined. Add the wet ingredients to the dry ingredients and fold until just combined. Evenly divide the batter between all 12 cupcake liners and smooth out the tops of each one. Bake for 17-22 minutes or until a toothpick inserted into the center of the cupcakes comes out clean. Remove from the oven and let cool. For the frosting, whisk cream cheese and butter until smooth. Add zest. Slowly add sugar while whisking until smooth and thick.

### Smokey Pumpkin Pasta

- 1 pound penne or other pasta
- 1 can pure pumpkin purée
- ½ cup heavy cream
- 2 teaspoons sweet smoked paprika
- 1 teaspoon chipotle chili powder
- 1 red onion
- 3 cloves of garlic
- 1/4 cup coarsely chopped parsley, plus more for serving

Put a pot of salted water on to boil - cook pasta while preparing the meal. Save one cup of pasta water. Meanwhile, chop onion and garlic. Brown onion and add garlic and spices. Cook until

fragrant. Add pumpkin and pasta water and cook until reduced. Add cream and stir. Fold in noodles and serve with parsley.

### Pumpkin Ginger Soup

- 1 can of pumpkin puree
- 6 fresh thyme sprigs
- 3 fresh sage leaves
- 2 large shallots, chopped
- 3 cups vegetable or chicken broth, plus more if needed
- 1 tablespoon fresh grated ginger
- 1/4 teaspoon fresh nutmeg, plus more for garnish
- 1/4 cup heavy cream

Chop shallots and grate ginger. Cook on low in olive oil until soft and fragrant. Add nutmeg, pumpkin puree, broth, and herbs, tied together. Simmer until reduced. Take off heat and let cool.

Remove herbs and blend until smooth. Serve with cream and nutmeg.