

What Can I Do With My Bag of Fresh Cape Cod Cranberries?



Cranberries are so packed with vitamin C that they retain a high degree of their nutritive value even after being stored for a year or more! Our local sea captains used them as one of the best and most easily available ways to prevent scurvy on their long sea voyages. So - don't hold back! In addition to the sauce recipes on the back of this page, cranberries can liven up your meals in so many delicious ways! Here are some of my favorites.

- ⊙ Throw a handful in to cook with your morning oatmeal.
- ⊙ Sprinkle a good handful of whole berries in with your apples in your favorite apple pie recipe.
- ⊙ Stir a TBSP of the soft sauce into nonfat vanilla yogurt and top with toasted pecans or almonds.
- ⊙ Add about 1 cup per 6 muffins to your favorite corn muffin mix or recipe.
- ⊙ Stir into mashed sweet potatoes (about 1 cup per 6 servings) with about ½ cup of orange juice, a TBSP of maple syrup, ½ tsp of pepper, pinch or 2 of salt, pinch of allspice, ½ tsp of cinnamon and 1 tsp of nutmeg.
- ⊙ Add about ½ cup of homemade whole berry sauce, 1 tsp of allspice and 1 TBSP of honey to about 1 cup of your favorite BBQ sauce, simmer in a sauce pan for about 20 minutes.
- ⊙ Add 1 & ½ cups whole berries per loaf of your favorite pumpkin bread recipe.
- ⊙ Add whole berries and pepitas (hulled pumpkin seeds) to turkey meatloaf mixture. Glaze the meatloaf with either the cranberry-dijon or the cranberry glaze below during the last 15 minutes of cooking.
- ⊙ Stir about 2 TBSPs of the soft sauce into 1 small jar of Dijon mustard. This makes a yummy sandwich spread - especially for turkey or grilled chicken sandwiches and grilled sweet apple chicken sausages!
- ⊙ Whisk 1 TBSP of the soft sauce into 1 cup softened butter with 1 tsp of cinnamon, ½ tsp of orange oil or extract & 2 tsps of honey. Chill and serve with muffins, toast, waffles, French toast or pancakes...yum!
- ⊙ Whisk together 1 cup of firm jellied sauce, ½ cup brown sugar and 2 TBSPs of orange juice and simmer over medium/low heat for 10-15 minutes, whisking until sauce is smooth. Brush roast chicken, turkey or duck with this glaze liberally during last half hour of cooking. Brush once more after the bird has cooled for a few minutes - before you carve. Drizzle any remaining glaze over the plated chicken.

CRANBERRY SAUCES & RELISH

You don't have to have a store bought can of jellied sauce with your Thanksgiving feast; making your own cranberry sauces is so easy and so much more interesting than that "plain 'ol" can!

JUST PLAIN CRANBERRY SAUCE:

4 CUPS WHOLE CRANBERRIES, plus:

TART	TART	SWEET	SWEET
1 cup water	2 cups water	1 cup water	2 cups water
1 cup sugar	1 cup sugar	2 cups sugar	2 cups sugar
FIRM	SOFT	FIRM	SOFT

PREPARATION

1. COMBINE SUGAR AND WATER IN A SAUCEPAN...STIR UNTIL SUGAR DISSOLVES.
2. BRING TO A BOIL & ADD CRANBERRIES...COOK UNTIL SKINS START POPPING - ABOUT 5 MINUTES
3. REMOVE FROM HEAT - COOL FOR A FEW MINUTES, THEN POUR INTO BOWL OR CONTAINERS AND REFRIGERATE FOR SEVERAL HOURS.
4. IF YOU DON'T WANT THE WHOLE BERRIES - PUSH MIXTURE THROUGH A SEIVE - OR CHEESECLOTH...YOU COULD ALSO STIR IN A SMALL PACKET OF GELATIN WHEN YOU TAKE THE PAN OFF THE STOVE - TO MAKE THE SAUCE A LITTLE FIRMER.

NOTES:

IF YOU'RE MAKING THE FIRM SAUCE AND PLANNING TO SERVE IT AT THE TABLE - POUR IT INTO A PRETTY BOWL TO SET!

FOR A TASTY ALTERNATIVE, USE HALF APPLES (PEELED AND DICED) AND HALF CRANBERRIES.

CRANBERRY-FRUIT RELISH

INGREDIENTS:

- ♦ 2 cups cranberries
- ♦ 1 navel orange (+ zest)
- ♦ 1 lg. apple
- ♦ ¼ cup sugar
- ♦ 2 TBSPs brown sugar
- ♦ ½ cup chopped walnuts
- ♦ ¼ tsp each - cinnamon & ginger

PREPARATION:

1. CHOP CRANBERRIES IN FOOD PROCESSOR WITH NUTS.
2. PEEL APPLE, ZEST, PEEL & SECTION ORANGE.
3. ADD SUGAR & SPICES, MIX WELL AND REFRIGERATE, COVERED

Succulent Brewster Oysters

Served W/Roasted Corn-Cranberry-Onion Salsa or Mignonette Sauce
I enjoy these beauties all on their own, but these two sauces are tasty options. Just top each oyster with a tiny dollop of the sauce of your choice. Of course, feel free to use the oysters of your choice --- I hear that Wellfleet has some pretty tasty ones!

Roasted Corn-Cranberry & Onion Salsa

INGREDIENTS:

- 1 cup roasted or grilled sweet corn kernels
- ½ cup chopped fresh cranberries (rinse well before chopping)
- ½ cup raisins (dried cranberries)
- ½ cup sweet onion, finely minced
- 2 TBSPs fresh cilantro, finely chopped
- about 1 tsp lime juice
- 1 tsp white wine vinegar
- 1 small jalapeño pepper, seeds and ribs removed, cut in half lengthwise, then slice into paper thin slices
- ½ tsp chili powder
- 1 tsp cumin

PREPARATION:

1. Mix all ingredients together and refrigerate at least an hour (preferably overnight) before serving.

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### ***Sherry Vinegar Mignonette Sauce***

#### **INGREDIENTS:**

- 2 TBSPs sherry vinegar
- ½ cup dry white wine
- 2 tsps finely chopped shallots (1 - 2 shallots, depending upon their size)
- pinch of fine white pepper
- pinch of sea salt
- 1 tsp finely chopped parsley

#### **PREPARATION:**

1. Place wine and vinegar in small saucepan - medium-high heat - and reduce by about half.
2. Stir in the shallot, pepper and salt. Turn off heat. Set aside for about 10 minutes, then stir in parsley.
3. Drizzle just a little sauce over each chilled, raw oyster

# *Cranberry Mashed Sweet Potatoes*

## INGREDIENTS

- 5 or 6 **large** sweet potatoes, peeled
- 2 TBSPs unsalted butter
- ¼ cup orange juice
- 1 tsp cinnamon
- 1 tsp nutmeg
- ½ tsp allspice
- ½ tsp. salt
- ¼ tsp. white pepper
- 1 TBSP honey
- about ¼ cup (homemade) whole berry cranberry sauce
- ½ cup whole uncooked cranberries
- about 2 tsps canola or sunflower oil for casserole dish
- about ½ cup toasted pecan bits (optional)

## PREPARATION

- Pre-heat oven to 375°
- Peel potatoes and cut into **thick** slices. Simmer in a large 3-4 quart pot of water with 2 tsp. salt added to water.
- After 20 minutes or so, test potatoes with a fork to see if they are fully tender.
- When cooked, drain water and return sweet potatoes to pan over still-warm burner (leave burner off or on very low heat).
- Add butter to bottom of pan and stir until melted. Add orange juice and, using a potato masher, mash the sweet potatoes with the butter and orange juice, adding salt and pepper, to taste. Add spices, salt & pepper, honey, cranberry sauce and uncooked cranberries, stirring thoroughly. Put into a very lightly oiled casserole dish and bake for about 15-20 minutes until just browned on top...sprinkle with toasted pecan bits if you'd like and serve warm.

## ***Creamy Herbed Mashed Potatoes***

*Rich, creamy Greek yogurt is a great non-fat swap for the usual sour cream and fresh herbs, stirred in at the last moment add a bright note to this dish.*

### **INGREDIENTS**

- 3 really large Russet potatoes, peeled and cut into 1½-inch chunks
- ½ cup low-fat sour cream OR non-fat, plain Greek yogurt, room temperature (YES-take it out right now!)
- ¾ s cup 1% OR skim milk, room temperature (YES-take it out right now!)
- 1 TBSP softened (NOT melted) unsalted butter
- ½ tsp sea salt, plus additional, to taste
- ¼ tsp white pepper
- ¼ cup chopped fresh chives (you can sub the green part of scallions)
- 1 TBSP fresh, flat leaf parsley, finely chopped

### **PREPARATION**

1. Peel the potatoes (**remove dark spots, eyes, etc**) and cut each potato into 4 pieces. Place the potatoes in a steamer rack in a large pot. Pour 2"-3" of cool tap water into a large pot, and bring to a boil. Once you have steam, turn heat to medium-high and steam the potatoes for 15-20 minutes or until they pierce very easily with a fork.
2. In a large bowl, add sour cream, milk and ½ tsp salt to the potatoes. Mash with a potato masher to desired consistency. Gently fold in chives, parsley and butter – taste and add additional salt, if desired. **Be careful not to over-mix.**

**TIP: OVERMIXING MASHED POTATOES** can lead to a stiff, chewy, gummy texture. Keep them fluffy by mashing them through a ricer for smooth potatoes or using a hand-held masher for chunkier potatoes. This limits the amount that the potatoes are processed so the starches stay intact. If they're over-whipped, the starches break down further and give you a sticky result.

# Coconut-Curry Pumpkin Soup

*Feel free to substitute the boxed (So Delicious/original, unsweetened) coconut milk available in health food sections of most grocery stores. Kick it up a notch by stirring in lightly sautéed scallops just before serving.*

*Serves 10-12*

## INGREDIENTS

- about 4 cups roasted or canned pumpkin puree (*Use small sugar pumpkins if roasting. A 4 pound sugar pumpkin should yield about 1½ cups mashed pumpkin*)
- 1 medium sweet onion, peeled and roughly chopped
- 1 lg carrot, cleaned, peeled and roughly chopped
- 2 small (15oz) cans Thai coconut milk, light (OR 4 cups boxed)
- about 2 cups low sodium/no fat chicken broth or stock
- 1 tsp garam masala OR Chinese 5-spice powder
- 1 TBSP sweet curry powder
- 3 TBSPs dark brown sugar
- 1 tsp fine sea salt
- ½ tsp white pepper
- ¼ - ½ tsp chili pepper flakes (to taste)
- about 1 TBSP canola oil for cooking
- about 1 cup toasted shredded coconut, for garnish

### TRY THIS!

Make a half-recipe, and use a little less broth than called for (¾s cup for half recipe).

Pour a bit on a small plates, top with pan-seared scallops and enjoy!

## PREPARATION

1. Pre-heat pan for about 30 seconds, add about 1 TBSP canola oil and heat for another 30 seconds or so. Add the onions & carrot and sauté in canola oil in a Dutch oven or heavy bottomed soup pot, over medium/hi heat until softened and starting to brown. **ADD HALF** of the spices and continue to sauté until veggies and are browned (caramelized) and fairly soft. IF they start sticking to pan, add just about 1-2 TBSPs of the broth – not more oil – until finished.
2. Add pumpkin and chicken broth, the remaining spices sugar and coconut milk. Stir together and bring to a **low, slow** boil, then simmer on low for 10 minutes.
3. **Use an immersion blender** to puree the mixture until smooth. If it is too thick, add a bit more chicken broth until it reaches the desired consistency. Taste and adjust seasonings if needed, then simmer for 10 more minutes before serving. Garnish with toasted coconut if desired.

# ***Butternut Squash & Cauliflower Gratin***

*This recipe is based on one from the Niçoise region of Provence, but I like to use Cabot's seriously Sharp Vermont cheddar and other local cheese to give it a New England twist.*

## **INGREDIENTS**

- ½ of 1 unblemished white cauliflower, broken into florets - cut large florets in half
- about 2 cups of butternut squash, peeled, cut into 1" cubes
- 2 large Vidalia onions, cut into thick rings AND sautéed in olive oil for 10-15 minutes
- coarse sea salt & finely ground white pepper
- 1 whole nutmeg
- about ½ cup young - mild but flavorful - local cheese, shredded
- about 1 cup shredded extra sharp artisanal (Vermont) cheddar
- 2 TBSPs hard grating cheese (Parmesan or Asiago or...)
- about ¼ - ½ cup of olive oil
- about 1 cup of semidried fresh bread crumbs
- about 2 TBSPs of unsalted butter

## **PREPARATION:**

1. **PREHEAT** oven to 425°. Brush olive oil liberally on shallow pan (like a jelly roll pan or cookie sheet w/sides). Place butternut squash cubes and cauliflower florets on pan, brush w/EVOO, sprinkle w/ salt & pepper & a bit of nutmeg. Roast for about 15 minutes - until you see some browning, but veggies are still somewhat firm.
2. Sauté the onion rings until they soften and begin caramelizing.
3. Add sautéed onion rings to the roasted butternut & cauliflower and toss gently.
4. Butter the sides and bottom of a gratin (casserole) dish with 1 TBSP of the butter and a bit of olive oil and arrange cauliflower, squash and onions snugly to fill the dish.
5. Sprinkle lightly with salt, a couple of pinches of the pepper, grind some fresh nutmeg over them, and spread the first 2 shredded cheeses over the veggies. Mix the sharp grating cheese in with the bread crumbs, toss with 1 TBSP of olive oil and 1 TBSP of melted butter and spread over the casserole. Drizzle a bit more of the olive oil over the top and add remaining butter, broken into little bits.
6. Bake until the surface is nicely browned, about 15-20 minutes. Serve warm

# EASY MADE-FROM-SCRATCH STUFFING

*Feel free to experiment and change up your add-ins!*

## INGREDIENTS

- 1 stick unsalted butter
- ¼ cup olive (or canola) oil PLUS some for the casserole dish
- about **5 cups EACH** of good-quality day-old white **and** multigrain bread, torn into 1" pieces (about **10 cups total** – feel free to change up the type of bread)
- 2 cups finely chopped yellow onions
- 1 cups whole cranberries
- 1 cup chopped apples
- ½ cup chopped walnuts or almonds
- about 1 pound crumbled chicken sausage (Italian or sweet apple) or turkey linguiça
- 1 cup ¼" slices celery
- ¼ - ½ cup chopped flat-leaf parsley
- 2-3 TBSPs TOTAL chopped fresh sage, rosemary & thyme
- 2 tsps Bells seasoning blend
- 1 tsps kosher salt
- ½ tsp fine ground black pepper
- 2 ½ cups low-sodium chicken broth, divided
- 2 large eggs

## PREPARATION

1. Preheat oven to 325°F. Butter a 13x9x2" baking dish and set aside.
2. Scatter bread in a single layer on a rimmed baking sheet. Bake, stirring occasionally, until dried, about 15-20 minutes. Let cool; transfer to a very large bowl.
3. Meanwhile, melt 1 stick butter plus the olive oil in a large skillet over medium-high heat; add onions and celery. Stir often until just beginning to brown, about 10 minutes. ADD sausage and stir until beginning to brown and crisp up.
4. Add to bowl with bread; stir in herbs, salt, and pepper. Drizzle in 1¼ cups broth and toss gently. Let cool.
5. INCREASE oven to 375°. Whisk 1 ¼ cups broth and eggs in a small bowl. Add to bread mixture; fold **gently** until thoroughly combined. Transfer to prepared dish, cover with foil, and bake until an instant-read thermometer inserted into the center of dressing registers 160°F, about 40 minutes. DO AHEAD: *Dressing can be made 1 day ahead. Uncover; let cool. Cover; chill.*
6. Bake dressing, uncovered, until set and top is browned and crisp, 30-40 minutes longer (if chilled, add 10-15 minutes).



# ***Fall Harvest Salad***

*Sweet, tangy, crunchy and slightly bitter fall flavors come together perfectly in this delicious salad. Add grilled chicken OR pan-seared scallops to make it a meal. Serves 8-10*

## **INGREDIENTS:**

### **For Salad:**

- ♦ 4 cups loosely packed baby arrugula
- ♦ 4 cups loosely packed baby romaine
- ♦ 3 shallots, sliced into paper-thin rings
- ♦ about  $\frac{3}{4}$  cup dried sweetened cranberries (craisins)
- ♦ about 1 cup chopped toasted walnuts
- ♦ seeds from 1 medium pomegranate
- ♦ about 1 cup crumbled, good quality blue/Roquefort or Gorgonzola cheese
- ♦ 2 large ripe pears, washed, dried and cut into thin slices - skin on
- ♦ about 1 cup apple chips or rings

} ***OR 8 cups loosely packed baby greens***

### **For Apple Cider-Walnut Vinaigrette:**

- ♦
  - 1/3 cup fresh apple cider
  - ♦ 1 TBSP apple cider vinegar
  - ♦ 2 TBSPs walnut oil
  - ♦ 2 TBSPs canola oil
  - ♦  $\frac{1}{2}$  tsp honey
  - ♦  $\frac{1}{2}$  tsp dijon
  - ♦  $\frac{1}{4}$  tsp ginger powder
  - ♦  $\frac{1}{4}$  tsp cinnamon
  - ♦  $\frac{1}{8}$  tsp sea salt
  - ♦  $\frac{1}{8}$  tsp white pepper

## **PREPARATION:**

1. Wash and dry greens thoroughly.
2. Whisk together (or shake in a cruet) vinaigrette ingredients - oils last - cover and set aside to let flavors develop.
3. A few minutes before serving, whisk or shake dressing well and toss in gently to lightly coat greens, craisins, walnuts and onions. Arrange pear slices over the salad, sprinkle with the cheese and pomegranate seeds and drizzle a very small amount of dressing over these, leaving the dressing out in case your guests want more. Arrange the apple chips around the border of your salad platter or sprinkle over the top.

# ***Crispy Roast Duck***

## ***w/5-Spice~Beach Plum Glaze***

*It's true: preparing a whole roasted duck doesn't have to be huge production! With only a few hours' roasting and just a bit of work, you can have a moist and juicy bird with crispy skin—the best of both textures. The beach plum glaze is the perfect compliment to duck and this duck is almost as local as the beach plums!*

*Serves 4*

### **INGREDIENTS:**

- 1 (5- to 6-lb) duck
- 2 cups boiling-hot water
- 1 TBSP kosher salt
- 1 tsp finely ground black pepper
- **FOR THE GLAZE:**
- ½ cup beach plum preserves or jam
- ¼ cup homemade whole berry cranberry sauce (soft-tart)
- 1 ½ tsps Chinese 5-spice powder
- ½ tsp powdered ginger root or galangal
- 1 TBSP Dijon mustard
- 1 TBSP honey
- ¼ cup Balsamic vinegar

### **PREPARATION:**

#### **GLAZE:**

1. Whisk spices, Dijon and vinegar together well in saucepan. Add preserves and honey and simmer, stirring, until preserves and honey dissolve (about 5 minutes). Keep warm on very low heat until ready to use. (**Variation:** Add 2 TBSPs low salt soy sauce and 1 TBSP hoisin sauce for an even more distinctly Asian flavor.)

#### **DUCK:**

1. Put oven rack in middle position and preheat oven to 425°F.
2. If necessary, cut off wing tips with poultry shears or a sharp knife. Remove and discard excess fat from body cavity and neck, then rinse duck inside and out. Prick skin all over with a sharp fork. Fold neck skin under body.
3. Put duck, breast side up, on a rack in a 13- by 9- by 3-inch roasting pan and pour boiling-hot water over duck (to tighten skin). Cool duck, then pour out any water from cavity into pan. Pat duck dry inside and out, reserving water in pan, then rub duck inside and out with kosher salt and pepper.
4. Roast duck, breast side up, 45 minutes, then remove from oven. Turn duck over using 2 wooden spoons, and roast 45 minutes more. Turn duck over again (breast side up), tilting duck to drain any liquid from cavity into pan. Continue to roast duck until skin is brown and crisp, about 45 minutes more (total roasting time: about 2 ¼ hours). Tilt duck to drain any more liquid from cavity into pan. Brush duck liberally with the glaze and transfer to a cutting board and let stand 15 minutes before carving. Discard liquid in roasting pan. Place carved meat onto a warmed platter and drizzle with the remaining glaze.

# ***Cranberry-Apple Crostata with Honey-Spiced Marscarpone***

*Simple and light, this preparation highlights the freshness of the fruit.*

*I like to use a combination of apples - tart and sweet. (Pears & Apples are also a great combination!) A sprinkling of walnuts or pecan pieces is also a tasty addition.*

## **INGREDIENTS:**

### **CROSTATA**

- 3-4 apples per 9" pie crust
- ¼ cup of whole fresh or frozen cranberries
- pre-made pie crust - 1 per pie (you can certainly use your favorite pie crust recipe and make your own - but the pre-made saves lots of time!)
- 1-2 TBSPs cup apple cider & 1 tsp lemon juice per pie
- 1 tsp cinnamon
- ¼ tsp nutmeg (freshly ground is best)
- ½ tsp cardamom

- 1 TBSP light or dark brown sugar
- canola oil cooking spray (or pat of butter)
- 1 egg + 1 tsp milk for egg wash

### **MARSCARPONE TOPPING**

- 1 (8oz) container marscarpone cheese
- 2 tsps honey
- ¼ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp allspice

## **PREPARATION:**

1. **PREHEAT OVEN TO 400°.** Line sheet pan with a piece of foil.
2. Wash & dry apples (**DO NOT PEEL!**) and cranberries. Cut apples lengthwise into thin (but not paper thin) slices, leaving the skin on\*. As you slice the apples, place them into a bowl with the cider and lemon juice and toss gently to cover. *(\* If you use an apple corer/slicer tool, just cut the slices that result in half – they are too thick for this recipe.)*
3. **Mix** spices and sugars together well with a fork and divide in half.
4. Spray pie pan or sheet pan with canola oil spray -OR- butter lightly... OR lightly flour a pizza stone. Place crust gently into/onto your pan of choice and **sprinkle** crust evenly with half of the sugar and spice mixture.
5. Remove apple slices from liquid - straining out as much liquid as possible (reserving a couple of tsps) and arrange in a slightly overlapping circular pattern on the crust - leaving a border of about 1" - place a second row going in the opposite direction - covering the crust, then sprinkle and tuck the cranberries under and amongst the apples. Sprinkle the remaining sugar and spice mixture over the fruit, sprinkle the reserved juice over the fruit then brush any exposed crust with the egg wash. PLEASE NOTE: you are only making ONE LAYER of apples, with each piece slightly overlapping the next. Do NOT leave any gaps or spaces as the apples will shrink as they bake and you'll have bare crust.
6. **REDUCE oven to 375°** and bake on the middle rack in oven for about 25-30 minutes. The fruit should still be a bit firm - not mushy and the crust, lightly browned. Let COOL for a few moments before cutting. (A pizza cutter works pretty well to cut this... or just a chef's knife rocked back and forth.) Serve slices topped with the marscarpone topping or good quality vanilla frozen yogurt or ice cream .

# ***Spiced Pumpkin Mousse***

*Definitely a decadent treat; a little goes a long way  
with this luscious holiday treat!*

*Serves 6-8*

## **INGREDIENTS:**

- 1 15-oz can pumpkin puree
  - 1 cup plus 2 cups chilled heavy cream
  - $\frac{3}{4}$  cup granulated sugar
  - $\frac{3}{4}$  tsp cinnamon
  - $\frac{1}{2}$  tsp nutmeg
  - $\frac{1}{4}$  tsp cardamom
  - 1  $\frac{1}{2}$  tsps vanilla extract
  - 1 tsp ginger paste (look for small jar in produce section of grocery store)
  - 2 ounces white or dark chocolate, shaved -- optional
  - toasted pecans - optional
- } OR (Pumpkin Pie or Apple Pie Baking Spice Blend)

## **PREPARATION:**

- 1.** In a medium saucepan, stir together the pumpkin, 1 cup heavy cream, sugar, cinnamon, cardamom and nutmeg. Bring the mixture to a gentle simmer, stirring frequently, for 5 minutes. Remove the pan from the heat and stir in the vanilla extract and ginger paste. Chill for at least 1 hour before preparing the mousse.
- 2.** Whip the remaining 2 cups chilled cream into peaks. Gently stir  $\frac{1}{2}$  cup of the chilled pumpkin mixture into the whipped cream. Once the  $\frac{1}{2}$  cup of pumpkin is almost fully incorporated into the cream, fold in the remaining pumpkin. Serve chilled with white or dark chocolate shavings as a garnish.

# PUMPKIN PIE

*You can find the master recipe for pumpkin pie on just about any can of pumpkin...from there you can get creative and add your own touches. One of my favorite options is to substitute light coconut milk for the evaporated milk, cut the cloves, add ½ tsp allspice and double the nutmeg*

## INGREDIENTS

- ½ cup natural sugar
- 1 TBSP + 1 tsp 100% pure maple syrup
- ½ tsp salt
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- ¼ tsp ground cloves
- ½ tsp nutmeg
- 2 lg eggs + 1 for eggwash
- 1 tsp milk for eggwash
- 1 15oz can (about 2 cups) pure pumpkin
- 1 12oz can evaporated skim milk **OR** coconut milk
- 1 unbaked 9" deep dish pie crust

### MATERIALS

- MIXING BOWLS
- FOIL LINED SHEET PAN
- STURDY WHISK - OR HAND HELD BLENDER
- PIE SERVER
- PASTRY BRUSH

## PREPARATION

1. PREHEAT oven to 425°. Put sheet pan into oven.
2. MIX sugar, salt & spices in a small bowl.
3. BEAT eggs in large bowl...STIR in pumpkin and sugar-spice mixture..gradually STIR in evaporated milk...POUR into pie shell...and place carefully in the center of the sheet pan in the oven.
4. BAKE for 15 minutes...REDUCE temp to 350 ° and BAKE for 40-50 minutes or until knife inserted near center comes out clean. COOL on a wire rack for 2 hours...serve or refrigerate.



## ***Apple Crumble Pie***

### **INGREDIENTS**

- 6 cups peeled and **thinly sliced** apples (6-8 apples)
- 2 TBSPs sugar
- 1 TBSP all-purpose flour
- 2 tsps ground cinnamon, divided
- ½ tsp cardamom
- 1 ready-made piecrust (9" diameter)
- ¾ s cup old-fashioned rolled oats, ground in a blender or food processor
- 2 TBSPs + 1 tsp whole grain pastry flour
- ¼ cup packed brown sugar
- 2 TBSPs butter, melted
- about 1 tsp granulated sugar to sprinkle over the visible crust
- 1 egg + 1 tsp milk for egg wash

### **PREPARATION**

1. Preheat the oven to 350°.
2. Combine the apples, sugar, all-purpose flour, cardamom and 1 tsp cinnamon in a large bowl. Place in the crust.
3. Combine the oats, pastry flour, brown sugar, and remaining 1 tsp cinnamon in a medium bowl. Add the margarine and stir until crumbs form. If needed, add some warm water to help crumbs adhere. Sprinkle evenly over the apples.
4. Bake for 30 to 35 minutes or until the filling is bubbling and the topping is browned.