

The Flavors of Fall

"Pumpkins are native to the Americas and belong to the vine family called cucurbits. The name pumpkin comes from the Greek word for large melon."



Pumpkin Pecan Muffins

RECIPE BY CHEF DENISE FARKAS

These muffins pack a lot of holiday spice into them! The molasses adds a deepness of flavor and the buttermilk a little zip.*

Makes 18 large muffins

4 cups all purpose flour, sifted
2 tsp baking soda
1 tsp baking powder
2 tsp ground nutmeg
1 tsp ground cloves
1 tsp ground cinnamon
1 tsp ground allspice
1/2 tsp ground ginger
4 eggs
2/3 cup melted butter
2/3 cup buttermilk
2 tbsp molasses
1 tsp vanilla
2 cups sugar
2 cups pumpkin puree or canned pumpkin
1 cup pecans, chopped

Icing:

1 cup powdered sugar
1/8 cup buttermilk
1/4 tsp vanilla

Preheat oven to 350 degrees. Grease or line muffin pans. Sift together the flour, baking soda, baking powder, and ground spices into a bowl. In a larger bowl, beat eggs, melted butter, buttermilk, molasses, vanilla, sugar and pumpkin. Add dry ingredients and stir in until wet, but don't overmix! Add pecans and stir until just mixed through. Scoop batter into prepared muffin pans until almost full. Bake for 25 minutes or until inserted pick in center comes out clean. Cool muffins before icing. Mix together icing ingredients and drizzle over muffins.

*You can change this recipe to suit your tastes. Too little of your favorite spice, add a bit more. Too much of another, just add less. Crystallized ginger or raisins can be added or substitute hazelnuts or walnuts for the pecans. Instead of baking the muffins in traditional papers, try soaking dried corn husks in warm water until they are pliable. Shake off excess water and cut them into strips to line the muffin pans.