

An Unlikely Culinary Column: The Gifts of Autumn

By Karen Kain

As the weather cools, it is the perfect time to be in the kitchen making soups and baking. I love filling the house with delicious aromas. This week I am sharing one of my favorite cheesecake recipes with you. I have been making this Pumpkin Cheesecake dessert for 20 years. It takes a few steps but it is a fabulous no fail dessert.

I am also sharing a new recipe called Pumpkin Soup From Your Garden. The minute I saw this recipe I knew that I was going to try it. Getting most of my ingredients from our garden made this easy to cook and healthy to eat. I was concerned that the soup would be too bland, but I was pleasantly surprised by the combination of flavors.

I hope you have a great week and start to the holiday season and as always, I would love to hear your thoughts and what you are cooking.

Delectable Pumpkin Cheesecake

Crust

- 1 ½ Cups Graham cracker crumbs
- ¼ Cup granulated sugar
- 1/3 Cup butter, melted

Cheesecake

- 3-8 Ounce packages cream cheese, softened
- 1 Cup granulated sugar
- ¼ Cup packed brown sugar
- 1 ¾ Cup Libby's solid pack pumpkin (16 oz can)
- 2 Eggs
- 2/3 Cup undiluted carnation evaporated milk (5 ounce can)
- 2 Tablespoons cornstarch
- 1 ¼ Teaspoons ground cinnamon
- ½ Teaspoon ground nutmeg

Topping

- 2 Cups (16 ounce) sour cream, room temperature
- ¼ to 1/3 Cup granulated sugar
- 1 Teaspoon vanilla extract

For the crust:

Combine graham cracker crumbs, sugar and butter in medium bowl. Press onto bottom and 1 inch up the side of a 9-inch spring form pan. Bake at 350° degrees F. oven for 6-8 minutes. Do not allow to brown. Remove from the oven and cool.

For Cheesecake:

Beat cream cheese, sugar(s) in a large mixer until fluffy. Beat in pumpkin, eggs and evaporated milk. Add the cornstarch, cinnamon and nutmeg, beat well. Pour into the crust. Bake at 350° for 55-65 minutes or until the edge is set.

Topping:

Combine sour cream, sugar and vanilla in a small bowl. Spread over surface of warm cheesecake and return to oven and bake for 5 minutes. Cool on wire rack. Remove the side of pan and chill several hours or overnight.



Directions

Preheat the oven to 400°F. Line a rimmed baking sheet with tin foil. Cut and gut the pumpkin as if you were carving a faceless Jack-o-lantern. Put all the ingredients inside the pumpkin except for the cheese and replace the lid. Gently put the entire pumpkin onto the baking sheet and roast in the oven for 1 ½ - 2 hours. The pumpkin exterior will become golden brown and shiny. If it browns too quickly turn the oven down to 375° F. The soup is done when the flesh is tender, you can test by poking it with a fork. Carefully remove the pumpkin from the oven and take the lid off to serve. Using a large spoon scoop several spoonfuls of flesh into a soup bowl and add the broth. Top with pepper and a sprinkle with cheese if desired.



Pumpkin Soup From Your Garden

Ingredients

- 3-4 Pound cheese pumpkin
- 2 Sprigs fresh rosemary
- 3 Sprigs fresh thyme
- 3-5 Cups vegetable stock
- 1 Tablespoon freshly ground pepper
- 1/2 Cup grated Parmesan cheese for topping (optional)

Roasted Pumpkin Seeds

Ingredients

- ¼ Cup pumpkin seeds
- 1 Teaspoon olive oil
- Coarse salt

Directions:

Preheat oven to 350° degrees. In a small bowl, toss together pumpkin seeds and olive oil; season with salt and pepper. Evenly spread pumpkin seeds on a baking sheet and transfer to oven. Cook until toasted and fragrant, 10 to 12 minutes.

You can contact Karen Kain by email: karenkain8@icloud.com.

Natural Path Health Services

DR. CAROL MCINTYRE
NATUROPATHIC & CHINESE MEDICINE

503.429.3928
cccmnd@yahoo.com
naturalpathhealthservices.com

758 WEED AVENUE
VERNONIA, OR, 97064

BLUE HERON HOLLOW 600 California Avenue
Vernonia, OR 97064

Now Leasing
2 Bedroom \$564-605 / 3 Bedroom \$701

CALL NOW
(503) 429-6052
TTY 711

Affordable Rent*
Water, Sewer, Garbage Paid
Onsite Laundry Facility
Pets Welcome with Deposit

\$500 OFF FIRST MONTHS RENT

Cascade Management, Inc. *Income Limits Apply

Local Author Stacy L. Reeh
on sale now!

Illustrations by Kerri Boutwell

All three Miss Della stories available now!

Go to Amazon.com or call 503-828-8323

Bighorn Logging

since 1981

Contract Logging
503-324-2422

Free Estimates
Timber Purchases
Timber Management

Oregon Professional Logger certified since 1996

The BLACK IRON GRILL

FAMILY DINING
FULL BREAKFAST MENU
BURGERS & BEER
PRIME RIB FRI & SAT
503.429.0214
CHECK US OUT ON FACEBOOK

HOME OF BLACK BEAR COFFEE & BEAR CREEK PUB