

Highways To Health

By ADA R. MAYNE

THE PUMPKIN TRADITION

Thanksgiving brings to mind thoughts of roast turkey, cranberry sauce and pumpkin pie, and speak-

ing of pumpkin pie, most folks feel that the holiday meal just wouldn't be the same without it. Yet there is a definite trend (and a sensible

one, too) toward a lighter dessert such as ice cream to top off the turkey feast.

Because pumpkin makes such delectable desserts many homemakers think of it only as a sweet with no particular food value and just serve it occasionally. But did you know that pumpkin is a good source of vitamin A, the resistance builder? And because so many pumpkin recipes call for the use of rich

milk or cream, its nutritional value is raised to that of custards and creamy puddings—which have long been recognized as satisfactory ways to include milk in the diet.

Pumpkin is an old-fashioned and beloved as Thanksgiving itself, and for that reason we offer two pumpkin recipes: spicy pumpkin pie, and smooth, flavorful pumpkin ice cream. The pie needn't always be plain—pumpkin lends itself beautifully to variations—nuts, orange, apple sauce, mince meat, or honey being but a few of the ingredients which may be used to vary a basic pumpkin pie recipe. As a garnish for plain pumpkin pie, serve a wedge of nippy American cheese, a scoop of vanilla ice cream, or unsweetened ice cream with chopped ginger folded in for taste contrast. Try this easy to make, flavorful pumpkin pie. If you prefer the light touch, try folding in the egg whites just before popping into the oven. Put into a large bowl 1 cup steamed, mashed, strained pumpkin (or canned), 2/3 cup brown sugar, 1/2 tsp. ginger, 1/2 tsp. cinnamon, and a dash of nutmeg. Beat 3 eggs well and add to the pumpkin mixture, then add 2 cups whole milk or cream and a little salt. Pour into an unbaked pie shell and bake in a hot oven, 400 degrees, until shell is set—about 10 minutes. Then reduce heat to 325 degrees and bake until a knife inserted in the custard comes out clean.

This pumpkin ice cream is delicious and light as a feather, too:
Pumpkin Ice Cream
 2 cups milk
 1 1/2 cups brown sugar
 3 egg yolks
 1 1/2 cups canned pumpkin
 2 tsp. chopped preserved ginger
 1/2 cup cream, whipped until it holds its shape

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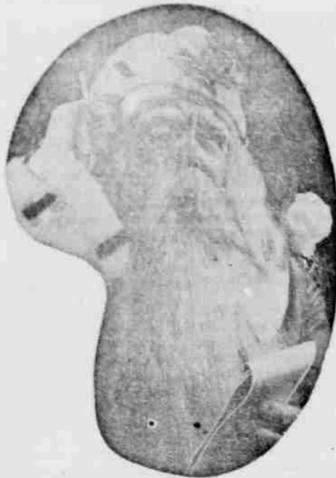
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