

The Cedar Culinary

News that's good enough to eat!

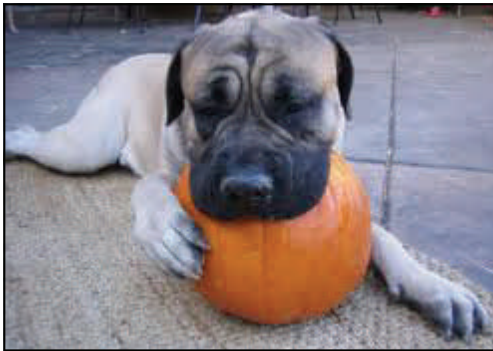
VOLUME 2, ISSUE 11

NOVEMBER 2011

What to do with your Pumpkin after Halloween...

Carving pumpkins is a fun, hands-on Halloween tradition that anyone can enjoy. Whether you make the trek to a pumpkin patch or simply pick up one from your local grocery store, nothing quite beats cutting open a pumpkin, scooping out its gooey innards, and creating a squash masterpiece that's all your own.

But what do you do *after* Halloween? Here are some ideas of what to do with your old pumpkin after the Halloween honeymoon.....



Feed your old pumpkin to your pet

When cooked and mashed, pumpkin can be a fantastic natural digestive remedy for dogs and cats alike. A

little mashed pumpkin can go a long way to treat diarrhea, weight gain, or infections in your pet, and they'll probably appreciate the taste as well.

Cook your old pumpkin

If your pumpkin has been carved relatively recently and hasn't started to mold or rot, consider making a delicious treat out



of your pumpkin. Whether it's pumpkin bread, pumpkin pie, pumpkin cookies, or pumpkin soup, your culinary masterpiece will taste that much better because you made it from scratch.

Bury your old pumpkin

Burying your pumpkin in the backyard will allow it to decompose underground and feed your soil lots of nutrients. Although it does mean you'll have to break out the shovel, just think of it as composting – but without the smell!

Look inside for Thanksgiving Recipes



- **Apple-Raisin Stuffing**
- **Bacon-Cheddar Mashed Potatoes**
- **Fresh Cranberry Relish**
- **Sautéed Green Beans and Mushrooms**
- **Southern Biscuits**

Apple Raisin Stuffing



Serves: 8

Directions:

1. In a large deep skillet, sauté 2 **chopped red onions**, 2 minced **garlic cloves** and 3 **chopped celery stalks** in 1 stick butter for 1 minute.
2. Season with **salt and pepper** and add 4 diced peeled **apples**, 1 tablespoon chopped **thyme**, 1 teaspoon **aniseed** and 1 cup **golden raisins**; cook 5 minutes.
3. Pour in 4 to 6 cups **chicken broth**. Simmer until step 5.
4. In a large bowl, mix 3 **eggs**, a scoop of **grainy mustard** and 3 table-
spoons each **chopped parsley** and **tarragon**.
5. Add to the bowl 8 cups each **toasted pumpernickel** and **sourdough bread cubes** and the hot broth mixture.
6. Gently toss the stuffing, then spread in a buttered 9 by 13 inch baking dish. Dot the top with **butter** or turkey pan drippings, cover and bake 30 minutes at 350F. Uncover and bake until golden, 20 more minutes.

Bacon-Cheddar Mashed Potatoes



Serves: 4

Directions:

1. Cook 1/2 pound chopped bacon until crisp.
2. Make Classic Mash: Cover 2 pounds whole russet or Yukon gold potatoes with cold salted water; simmer 45 minutes. Drain, peel and mash with 1/2 to 1 stick butter. Add 1 cup hot milk, and salt and pepper, mash until smooth and fluffy. (*Replace half of the butter with 2 to 4 tablespoons bacon drippings.*) Fold in some bacon; sprinkle the rest on top.
3. Add 1/2 pound grated sharp cheddar and 1/4 cup each minced parsley and scallions.



Fresh Cranberry Relish

Serves: 12

Ingredients:

- 2 pounds fresh cranberries
- 1 cup sugar
- 1/4 cup Grand Marnier liqueur
- 1 orange, zested and juiced

Directions:

1. Place all the ingredients in the bowl of a food processor, pulse several times to breakdown the cranberries and incorporate the ingredients; it should still be a bit chunky. Allow the cranberry relish to sit at room temperature for at least 30 minutes, so the flavors can marry.

Sauteed Green Beans & Mushrooms



Directions:

Blanch green beans in boiling water until just cooked. (We like ours a little crunchy.) Meanwhile, sauté sliced mushrooms in butter over medium-high heat until golden, then toss with the drained, blanched beans and some salt and pepper. Top with French-fried onions.

Southern Biscuits



Ingredients:

2 cups flour
4 teaspoons baking powder
1/4 teaspoon baking soda
3/4 teaspoon salt
2 tablespoons butter
2 tablespoons shortening
1 cup chilled buttermilk

Directions:

1. Preheat oven to 450F.
2. In a large mixing bowl, combine flour, baking powder, baking soda, and salt. Using your fingertips, rub butter and shortening into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.)
3. Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
4. Turn dough onto floured surface, dust top with flour and gently fold dough over on itself 5 or 6 times. Press into a 1-inch thick round. Cut out biscuits with a 2-inch cutter, being sure to push straight down through the dough. Place biscuits on baking sheet so that they just touch. Reform scrap dough, working it as little as possible and continue cutting.
5. Bake until biscuits are tall and light gold on top, 15 to 20 minutes.

CONTACT INFORMATION:

Cedar County Courthouse
400 Cedar Street Tipton, Iowa 52772
Phone: 563.886.2248
Email: tvoss@cedarcounty.org
Office Hours: 8 A.M. - 4 P.M.



Happy Thanksgiving