



Pumpkin Recipes

Saladmaster

PUMPKIN GOUDA GRITS WITH CAJUN SHRIMP

1 cup yellow corn grits (polenta) or white grits
3 cups water
1 cup milk or soy milk
3/4 cup pumpkin puree
3 TBSP butter
2 tsp salt
3/4 tsp garlic powder
1 cup freshly grated Gouda cheese
Pumpkin pie spice to garnish (optional but delicious)

Place all ingredients (except cheese) in a 3qt Roaster and cook over medium. When vapo-valve begins to click, whisk well, then re-cover and reduce heat to low. Cook for 30 minutes, whisking occasionally to avoid lumps. Gently stir in gouda cheese and serve! Alternatively, use the MP5 and set to RIC 2.

Optional: Toss raw shrimp gently with Cajun spice. Preheat an 11" large skillet or griddle, over medium heat. Place shrimp in a single layer on the piece. Cover and cook for 3-4 minutes until shrimp are cooked through. Turn with Saladmaster Turner once, if needed.

HARVEST PASTA

2 c Butternut Squash, cut on cone #3
2 c Sweet Potato, cut on cone #3
1 c Onion, cut on cone #3
4 cloves Garlic, whole
1 c Corn
1 t. Safflower Oil
1 t. Black Pepper
1 t. Salt
1/2 t. Cinnamon
1/2 t. Sage
1 c Soy Milk
1 c Vegetable Broth
1 lb. Penne or Bowtie Pasta

1. Preheat 12" EOC to 400 degrees.
2. Add squash, sweet potato, onion, garlic corn, oil and spices to a large Ziploc bag. Shake until mixed evenly.
3. Pour vegetables into EOC, cover and cook until vapo-valve clicks. Lower heat to 180 and cook for 10 minutes.
4. Cook the pasta until tender.
5. Add the vegetables, soy milk & broth to a blender and process until smooth. Pour sauce over the pasta noodles and gently

AWARD-WINNING PUMPKIN CHILI

(from an Owner)

This Pumpkin Chili is a blue ribbon winner from the Texas Chili Cook-Off! A little bit sweet, a little bit spicy, and sure to please your family!

1 onion, processed, use Cone #3
1 red bell pepper, diced
5 cloves garlic, shredded, use Cone #1
1 1/2 cups unsweetened coconut milk
3 cups fire roasted tomatoes, diced
1 1/2 cups cooked pumpkin, pureed
6 ounces tomato paste
1/4 cup ground cumin
2 Tablespoons chili powder
1 chipotle chili, minced
1 teaspoon ground cinnamon
2 vegan "beef" bouillon cubes
2 cups black beans, cooked
1 cup kidney beans, cooked
2 - 3 cups water

1. Preheat mini-braiser on medium-low. When several drops of water sprinkled on pan skitter and dissipate, add onions and bell peppers and sauté for 5 minutes, until tender.
2. Add all remaining ingredients and stir until well mixed. Cover.
3. When Vapo-Valve™ clicks, reduce temperature to low and cook for 30 minutes. Serve warm.

Butternut Squash Salad

1 (1 1/2-pound) butternut squash, peeled and 3/4-inch diced
1 tablespoon pure maple syrup
Kosher salt and freshly ground black pepper
3 tablespoons dried cranberries
3/4 cup apple cider or apple juice
2 tablespoons cider vinegar
2 tablespoons minced shallots
2 teaspoons Dijon mustard
4 ounces baby arugula, washed and spun dry
1/2 cup walnuts halves, toasted
3/4 cup freshly grated Parmesan

WINTER SQUASH WITH ORANGE-GINGER

SAUCE

2 acorn squash, washed and sliced into 8 1/2-inch rounds per squash (remove seeds)
1/2 cup low sodium vegetable stock
salt and fresh ground pepper to season
1/2 cup Orange-Ginger Dressing

Optional (make your own from scratch!):

1 teaspoon cinnamon, ground
1 cup orange juice
1 orange, zest, use Cone #1
1/2 teaspoon ginger, fresh, grated
2 teaspoons arrowroot powder (or cornstarch)
1 teaspoon salt
1 - 2 tablespoons
maple syrup or honey
1/2 cup hazelnuts, toasted and chopped

-- To cook: simmer in a small saucepan over medium heat, while whisking. Heat to a low boil, then remove from heat and let thicken.

Place the acorn squash in layers in the bottom of the mini-braiser. Add broth and sprinkle with salt and pepper. Cover and cook over medium heat until the vapo-valve clicks. Drizzle dressing or sauce on top. Cover, reduce heat to low and cook for 15-20 minutes until squash is tender.

1. Place butternut squash, maple syrup and a dash of water in 9" skillet and turn to medium. Add cranberries to the pan for the last 10 minutes.
2. Combine the apple cider, vinegar, and shallots in 1 quart and bring to medium-high heat for 6-8 minutes until cider is reduced to 1/4 cup. Once off the heat, whisk mustard and salt.
3. Place arugula in a salad bowl and add the squash mixture, walnuts and parmesan. Spoon just enough vinaigrette over the salad to moisten and toss well.