

Pumpkin Soup

- *Barbara Linder*

- 1 T unsalted butter
- ½ onion (1 cup) diced
- 1 carrot, peeled and diced (1/2 cup)
- ½ large Gala apple, peeled and diced (3/4 cup)
- 1 cup fresh roasted pumpkin, diced
- ½ tablespoon fresh sage leaves, chopped
- 1 ½ cups chicken stock
- ½ cup heavy cream
- ¼ teaspoon pumpkin pie spice
- pinch cayenne
- salt and pepper to taste

Melt butter and sauté onion, carrot, apple, pumpkin and sage over medium high heat until tender. Puree mixture in a food processor or blender and return to pot on stock. Add stock and spices and bring to a boil and reduce to a simmer for 15 minutes. Add cream and continue to simmer for 5 minutes. Season to taste with salt and pepper.

Pumpkin Ravioli with sage brown butter

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- ½ cup roasted diced pumpkin
- ¼ cup mascarpone cheese
- 1/8 t salt
- 1/8 t pepper
- 12 wonton wrappers
- ½ T chopped fresh sage
- 2 T unsalted butter
- parmesan for grating

Combine pumpkin, mascarpone cheese, salt and pepper in a food processor. Pulse until blended and smooth. Spoon about 1 teaspoons of the mixture into the center of each wonton wrapper. Moisten the edges of the wrapper with water with your fingers and lay another wrapper on top. Press gently down to seal the edges to make sealed "packages."

Place ravioli into a large pot of salted boiling water and cook 3-4 minutes. Remove with a slotted spoon, allowing some moisture to remain on the ravioli and place in a serving dish.

In a sauté pan, melt 2 tablespoons of butter. Add the sage to the butter and continue to cook until the butter starts to brown. Remove from the heat and pour over the ravioli.

Top with freshly grated parmesan cheese.

Pumpkin Latte

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- 2 cups skim milk
- 2 T fresh roasted and pureed pumpkin
- 2 T Splenda or other sugar substitute
- ½ t pumpkin pie spice
- 1 t pure vanilla extract
- ½ c fresh and hot coffee
- 2 cinnamon sticks
- whipped cream
- pumpkin pie spice

Heat milk over medium heat until hot. Do not scald. Add pumpkin and sugar substitute and stir until dissolved. Remove from heat and stir in pumpkin pie spice, vanilla, and coffee. Divide between 2 mugs. Top with whipped cream, a sprinkle of pumpkin pie spice and garnish with a cinnamon stick.