



October is the month of Halloween. As you all know Halloween means trick-or-treating, baking pumpkin pies, and making Jack-o'-lanterns. But do you know the origin of the Jack-o'-lantern? It is believed to be that Irish immigrant families brought the tradition of Jack-O'-Lanterns to America. However, this tradition, like many other traditions, has changed its way a bit; it used to be turnips that people carved, not pumpkins! But since pumpkins were more plentiful in America and easier to carve than turnips, people replaced the turnips with pumpkins. So, this week, I'd like to introduce you all to two different recipes – Pumpkin Cupcakes and Turnip Mashed Potatoes.

Pumpkin Cupcakes

- Total time = 1 hr. 15 min. (Prep. = 25 min., Inactive = 30 min., Cook = 20min.)
- Yield 12 cupcakes
- Level – Easy

Ingredients

1. Pumpkin Cupcakes

- 1 cup _ all-purpose flour
- 1 teaspoon _ grounded cinnamon
- ½ teaspoon _ grounded ginger
- ½ teaspoon _ allspice
- ½ teaspoon _ nutmeg
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon _ salt
- 1 stick _ butter (softened)
- ½ cup sugar
- ½ cup canned pure pumpkin puree
- 1 ½ teaspoons _ pure vanilla extract
- 2 _ large eggs

2. Maple Cream Cheese Frosting

- 8 ounce _ cream cheese
- 2 tablespoon _ butter (at room temperature)
- 2 tablespoons _ pure maple syrup
- 2 cups _ powdered sugar
- Chopped toasted pecans for topping

Directions

1. Pumpkin Cupcakes

- 1) Preheat the oven to 350 degrees F.
- 2) Line muffin pan with paper cupcake liners.
- 3) In a medium bowl, whisk together flour, cinnamon, ginger, allspice, nutmeg, baking powder, baking soda, and salt. Set aside.
- 4) In a large bowl, add the butter and the sugar. Beat with a hand-held mixer until light and fluffy (about 3 to 4 minutes). Add the pumpkin puree and the vanilla extract. Slowly beat in the eggs. Incorporate the dry mixture into the wet mixtures together until thoroughly combined.
- 5) Using an ice cream scoop, fill each cupcake liner $\frac{3}{4}$ of the way full. Bake until the tops turn golden brown and a toothpick inserted in the center of the cupcake comes out clean (about 20 minutes). Remove the cupcakes from the oven to a wire rack and cool completely before frosting.

2. Frosting

- 1) Add cream cheese, butter, maple syrup, and salt to a large bowl and beat until creamy. Gradually add the powdered sugar until thoroughly combined.
- 2) Top the cupcakes with the frosting and chopped pecans.

Turnip Mashed Potatoes

- Total time = 30 min. (Prep. = 15 min., Cook = 15 min.)
- Yield 8 servings
- Level – Easy

Ingredients

- 6 _ large red new potatoes (skin on)
- 2 _ large turnips (peeled)
- $\frac{1}{2}$ cup _ cream (heated)
- 8 tablespoons = 1 stick _ butter (melted)
- $\frac{1}{2}$ cup _ sour cream
- Salt and pepper

Directions

1. Slice potatoes and turnips into $\frac{1}{4}$ inch thick.
2. Cook in boiling water for 15 minutes or until fork-tender.
3. Drain.



4. Whip unpeeled cooked potatoes and turnips with electric mixer, mixing until moderately smooth (do not overbeat them, a few lumps are better).
5. Add hot cream, butter, and sour cream.
6. Season with salt and pepper.
7. Whip again until blended. *Adjust thickness by adding more cream if desired

"The History Of Halloween!" *Pumpkin Patches and More.org*. N.p., 25 Aug. 2014. Web. 06 Oct. 2014.

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