

Recipes from

# PUMPKIN ROLL

A CULINARY MYSTERY BY

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## Pumpkin Roll

3 eggs  
1 cup sugar  
1 cup canned pumpkin  
1 teaspoon baking powder  
1 cup flour  
½ teaspoon salt  
½ teaspoon nutmeg  
1 teaspoon ginger  
2 teaspoons cinnamon

### Filling

1 (8-ounce) package cream cheese (softened)  
¼ cup butter, softened  
1 cup powdered sugar  
½ teaspoon vanilla

Preheat oven to 350 degrees. Grease a 11x15 jelly roll pan and line the bottom with parchment, wax paper, or a silicone mat. (The cake will stick to the pan otherwise since it's such a thin layer.) In a medium-sized mixing bowl, beat eggs. Add sugar; mix well. Add pumpkin; mix well. Add the rest of the ingredients; mix well. Pour batter into prepared jelly roll pan (mixture will be thick). Smooth out as evenly as possible. Bake for 20 minutes.

While cake is baking, spread out a large dish towel or flour-sack towel on the counter. Sprinkle with ¼ cup powdered sugar. After removing cake from oven, immediately turn cake out onto the sugar-coated towel. Remove parchment, wax paper, or silicone mat from bottom of cake. Roll the cake and towel up together the long way. (The towel keeps the cake from sticking to itself; the powdered sugar keeps the cake from sticking to the towel.) Put the towel-rolled cake on a cooling rack and let cool at least 30 minutes.

While cake is cooling, make filling by beating cream cheese until smooth. Add butter and beat until smooth. Add powdered sugar and vanilla. Mix well.

When cake has cooled at least 30 minutes, carefully unroll it from the towel. (It might crack; there's nothing you can do about that.) Spread with room-temperature cream cheese filling. Re-roll cake without the towel. Put cake on platter and cover. Refrigerate until serving—at least 1 hour, though 3 hours is best. (I usually cut the roll in half before I put it in the fridge or the freezer so it's easier to work with.)

Cake freezes well for up to 2 months when wrapped tightly in aluminum foil. Serve chilled or frozen.

Serves approximately 14.

### *Laree's Ginger Cookies*

$\frac{3}{4}$  cup shortening  
 $\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{4}$  cup dark molasses  
1 egg  
2 cups flour  
 $\frac{1}{4}$  teaspoon salt  
2 teaspoons baking soda  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon ground cloves  
1 teaspoon ginger

Preheat oven to 350 degrees. Cream shortening and sugars. Add molasses and egg. Stir in remaining ingredients.\* Roll into 1-inch balls, and then roll in sugar (about 4 tablespoons). Bake for 8 to 12 minutes, until edges are slightly darker than center.

Take them out when they are still soft. Allow to cool on pan 2 minutes before transferring cookies to a cooling rack. Store in an airtight container.

If you cook these too long, they will get a bit crispy (more like ginger snaps if you really cook them), but if you put the next batch in the container while the cookies are still warm, they will all soften up.

Makes 3 to 4 dozen.

\*Shawn likes to add  $\frac{1}{2}$  cup white chocolate chips, and Neil liked  $\frac{1}{2}$  cup chopped walnuts. Bre always doubles the ginger.

### *Baxter's Clam Chowder*

2 cups potatoes, peeled and cubed  
1 cup celery, chopped  
½ cup carrots, chopped  
½ cup onion, chopped  
Juice from 2 cans chopped clams (reserve clams)  
2-3 cubes chicken bouillon or 2-3 teaspoons granules  
Water  
½ cup butter  
½ cup flour  
Pinch of sugar  
Pinch of salt  
½ teaspoon oregano  
¼ teaspoon thyme  
¼ teaspoon curry powder  
4-6 cups milk  
2 cans reserved clams\*

In a two-quart saucepan, combine potatoes, celery, carrots, onion, clam juice, and chicken bouillon. Add water until vegetables are covered. Simmer on medium heat until vegetables are tender. Mash slightly, but don't drain vegetables. (For a chunkier soup, mash only half of the vegetables.) Set aside.

In a large soup pan, melt butter over medium-high heat. Add flour and stir until a smooth paste forms. Add remaining ingredients except milk and clams. Simmer for two or three minutes to blend the flavors. Add milk one cup at a time, stirring constantly until mixture becomes a thick cream base. Add vegetables (the reserved liquid will thin the base) and clams. Mix together and heat through. (Be careful about cooking the chowder too long once the clams are added, as heat makes them more rubbery.) Thin to desired consistency with additional milk. Adjust spices, and salt and pepper to taste.

Serves 8.

\*Shawn tried this once with chicken instead of clams and it turned out great. He also increased the curry by ¼ teaspoon.

### *Whole Wheat Pancakes*

2 cups whole wheat flour\*  
1/3 cup sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
1 teaspoon salt  
2 eggs  
1/3 cup oil (or melted butter)  
2 cups buttermilk or sour milk (for sour milk, add 1 tablespoon white vinegar or lemon juice to 1 cup regular milk)

Heat griddle to medium. Combine dry ingredients and whisk together. Add eggs and liquids. Mix well. (Thin batter with water if consistency is too thick.) Drop by 1/3-cup portions on hot, greased griddle. Cook about three minutes on one side, until edges begin to look dry. Flip and cook one to two more minutes or until golden brown.

Makes approximately 16 pancakes.

\*Shawn prefers white flour because it's not good for him. You can substitute the flour if you want, but you should really eat whole grains.

### Homemade Maple Syrup

2 cups sugar  
1 cup water  
1 teaspoon Mapleine or maple extract\*

Microwave directions: Combine all ingredients in a 3-cup capacity microwave-safe measuring cup or bowl. Cook 3 minutes. Remove from microwave and stir for 30 seconds for sugar to dissolve.

Stovetop directions: In a saucepan, bring ingredients to a boil on medium-high heat, stirring consistently. Boil 1 minute, stirring constantly.

Cool slightly before serving. Store leftovers in an airtight container. (Previously used commercial syrup bottles work great.)

\*For a buttery flavor, add 1 teaspoon butter extract. For a vanilla flavor, add 1 teaspoon vanilla extract. For a tangy flavor, add 1/2 teaspoon lemon extract.

### *Broccoli in Brown Butter*

4 cups fresh broccoli florets (about 2 lbs. of broccoli crowns before trimming)  
4 tablespoons real butter (margarine does not substitute)  
1/4 cup grated Mizithra cheese\*

Steam florets until tender crisp. While broccoli is steaming, heat butter on medium-high heat, stirring constantly to keep it from burning. (The longer it browns, the nuttier the flavor.) Add steamed broccoli to browned butter and toss until broccoli is well-coated. Spread buttered broccoli in a single layer onto a platter or large plate. Sprinkle with Mizithra cheese. (Breanna prefers freshly grated Parmesan cheese to Mizithra.) Serve hot.

Serves 6. (This is the perfect side dish for any pasta dish or grilled chicken.)

(Shawn would only eat these if I called them Snowy Trees or Dinosaur Food when he was little.)

\*Mizithra is a dry, white cheese sold in the deli area of most grocery stores and shrink-wrapped in four 10-ounce portions. It does not melt, but has a mild, salty flavor. Add more or less to taste.

### *Whitty Baked Beans*

1/2 pound diced crispy bacon  
1/2 pound ground beef, browned and drained  
1 medium onion, chopped  
1 (15-ounce) can butter beans, drained\*  
1 (16-ounce) can kidney beans, drained  
1 (16-ounce) can pork and beans, undrained  
2/3 cup packed brown sugar  
1/2 cup ketchup  
1 tablespoon prepared mustard  
2 tablespoons apple cider vinegar  
2 tablespoons molasses  
1/2 to 1 teaspoon Worcestershire sauce

Fry bacon, remove from pan, and drain. Add ground beef to the same pan and brown with onion. (You can also use extra bacon or kielbasa in place of hamburger.)

Combine all ingredients in a slow cooker. Mix well and cook 1 hour on high or 3 to 4 hours on low. Turn cooker to low or "keep warm" until ready to eat. Refrigerate leftovers.

Serves 10 as a side dish, or 6 as a meal.

\*Butter beans are large, flat, yellow beans that give this recipe a nice variety. Feel free to substitute another type of bean if you don't like the texture of butter beans. Great Northern beans or black beans make a good substitution. For a less saucy dish, add an additional can of drained beans of your choice.

## *Cinnamon Twists*

4 cups flour, divided  
½ cup sugar  
2 teaspoons salt  
1 tablespoon instant yeast  
½ teaspoon cinnamon  
¼ teaspoon nutmeg  
1¼ cups warm milk  
⅓ cup butter, melted  
1 egg

### Filling

½ cup brown sugar  
2 tablespoons cinnamon  
½ teaspoon cloves  
⅓ cup butter, softened

For the dough, mix 2 cups of flour with the remaining dry ingredients. Stir to combine. Add all liquid ingredients and mix well. Add remaining flour until dough is tacky to the touch, but not sticky. Knead 6 to 8 minutes or until dough is smooth. Grease a bowl and let dough raise, covered, until double (about 40 minutes). For filling, mix together brown sugar and spices. Set aside.

Sprinkle flour on the countertop and roll out dough into a 16x12-inch rectangle. Spread with ⅓ cup soft butter. Sprinkle butter with sugar-spice topping all the way to the edges. Let dough sit for 10 minutes.

Use a pizza cutter to cut dough lengthwise into four 3x16 inch strips. Then cut every inch vertically so that you have sixteen 1x3-inch strips. Lift each strip from the counter and twist 360 degrees before placing it on a greased cookie sheet. (Twists should look like a bow tie with the spice mixture facing up at both ends.) Place twists about ¾-inch apart. Cover shaped dough and let raise until double (about 30 minutes). Bake at 350 degrees for 8 to 10 minutes or until golden brown.

Makes 4 dozen twists.

### Optional Icing\*

4 ounces cream cheese, softened  
2 cups powdered sugar  
¼ cup evaporated milk (regular milk works too)  
¼ teaspoon vanilla

Mix softened cream cheese until smooth. Add powdered sugar and mix until smooth. Add evaporated milk and vanilla; mix until smooth. Add more milk or powdered sugar until icing is slightly runny.

\*Pretty much any leftover frosting could also work as the icing. Simply warm frosting to room temperature and add milk until "dippable."

Note: Breanna feels the recipe is fussy, but she'll still eat them 😊.

## Whoopie Pies

- 1 box devil's food cake mix\*
- 1 (3.4-ounce) box instant chocolate pudding
- ½ cup vegetable oil
- 3 eggs
- ¾ cup water

Preheat oven to 350 degrees. Mix all ingredients together with an electric mixer until smooth and thick—at least 2 minutes. Drop six large spoonfuls of batter onto silicone mat-lined, parchment-lined, or well-greased cookie sheets. Use the back of a spoon if necessary to flatten slightly so that each pie is no more than three-fourths of an inch tall. Bake for 11 minutes, or until cake springs back when lightly touched. Cool on pan 2 minutes before transferring to a cooling rack. Let cool completely before assembling pies.

Store leftovers in refrigerator. Freeze individually wrapped cakes in wax paper.

Makes 8 to 10 pies.

\*Can substitute any other type of cake mix, but if so, change pudding flavor to vanilla or another, more suitable, flavor.

## Filling Choices\*

### Buttercream

- 1 cup butter
- 4 cups powdered sugar
- 2 egg whites
- ½ teaspoon vanilla
- 4 tablespoons flour
- 4 tablespoons milk

Cream butter and powdered sugar together. Add eggs and vanilla. Mix until fluffy. Add flour and milk and mix until well blended. Use additional flour or milk to get the correct consistency—a thick but airy frosting. Layer filling between two cakes, bottoms together.

### Marshmallow (Shawn prefers this one)

- ¾ cup Crisco shortening (do not use butter Crisco)
- ¾ cup powdered sugar
- 2 teaspoons vanilla
- 1 (7- to 8-ounce) jar Marshmallow Fluff

Beat shortening and powdered sugar together until smooth. Add vanilla and Marshmallow Fluff. Mix until well blended.

\*Can add ½ teaspoon of a flavored extract to filling: mint, lemon, strawberry, orange, etc.

## Pot Roast and Yorkshire Pudding with Gravy

### Pot Roast

2 tablespoons vegetable or olive oil	1 quart of water
3- to 4-pound pot roast (chuck, top round, rump, bottom round, or brisket)	2 bay leaves
1 can beef consommé	½ teaspoon pepper

In a 6-quart cooking pan, heat oil on high heat until it just begins to smoke.

Braise meat in oil, cooking each side a few minutes at a time until nearly burnt to seal in juices. The oil might splatter, so cover pan with a paper towel or grease screen, but don't cover with a lid as that makes it difficult to get the right "crust" on the meat. When braised on all sides, add consommé, water, bay leaves, and pepper. Reduce heat to low, cover, and simmer roast for at least 6 hours, adding water if it reduces to less than 3 inches.

### Yorkshire Pudding

¼ cup drippings from pot roast	2 cups milk
2 tablespoons butter	2 cups all-purpose flour
4 eggs	¼ teaspoon salt

After the roast has cooked for six hours, use a large spoon to skim off some of the grease from the top of the liquid in the pan. Put one-fourth cup of the drippings into a 9x13 pan. Add butter to pan, and preheat oven to 450 degrees. Put all other ingredients into a blender and blend for 20 seconds. Stop and scrape down the sides of the blender. Blend another 10 seconds. Set aside. Put pan in oven to melt the butter and allow it to blend with the drippings. Cook until it's bubbling—about 5 minutes. Add batter to pan and return it to fully heated oven. Bake 20 minutes, or until edges are crispy.

Note: For individual puddings, heat drippings and butter and divide evenly between 12 muffin cups. Add equal portions of batter and bake 15 minutes at 450 degrees.

### Gravy

3 cups pot roast stock
2 tablespoons cornstarch
⅓ cup water

While Yorkshire pudding is baking, move roast from pan to serving platter and cover with foil to let it rest. Taste stock and adjust the flavor by adding water, Worcestershire sauce, or salt and pepper accordingly. Remove all but 3 cups of stock (adjust thickening if you want more gravy). Increase heat under pan containing the stock to high heat, bringing stock to a boil. Mix cornstarch and water in a small bowl, making a slurry. Stir until smooth. Using a whisk, slowly add slurry to stock, whisking quickly to keep gravy smooth. Cook two minutes. (Add more slurry or more water to reach desired consistency of gravy.)

To serve, use a fork to pull roast apart into portion sizes. Cut Yorkshire pudding into 12 servings. Serve roast and pudding on a plate, covering both with gravy. Green beans or peas make a good vegetable side dish.