

## Perfectly Pumpkin

Tuesday, October 4, 2022

6:30-8:00pm CT

### What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- You will be muted as they come in. The program will start promptly and be recorded. You can choose to be on camera or off camera.

## Sausage and Pumpkin Pasta

### Ingredients:

1 lb rigatoni  
8 oz spicy Italian sausage  
5 fresh sage leaves  
1 can pumpkin  
½ **cup** Parmesan cheese  
Salt and pepper to taste

### Directions:

1. **Cook** 1 lb rigatoni as label directs, reserving one cup cooking water.
2. In a **12-in nonstick skillet** cook 8 oz spicy Italian sausage, casings removed, on medium heat for 6 minutes, breaking up sausage.
3. Add 5 fresh sage leaves, finely **chopped**; cook 1 minute, stirring.
4. Add 1 can pumpkin and reserved pasta water; **mix** well.
5. **Drain** pasta; return to pot. Add sausage mixture; heat through.
6. **Stir** in ½ cup parmesan cheese. Add salt and pepper to taste.

Kristyn Slick

kristyn@makingmealtime memories.com

www.makingmealtime memories.com

## Pumpkin Butter Roll Cookies

### Ingredients:

#### *Pumpkin Butter*

2 15-ounce cans pumpkin purée (not pumpkin pie filling)

2/3 cup brown sugar

1/4 cup maple syrup

1/2 cup unsweetened apple juice

1 **Tbsp** lemon juice

2 1/2 tsp pumpkin pie spice

1/2 **tsp** ground cinnamon

1 pinch sea salt

#### *Cookie:*

1 1/3 cups all-purpose flour

pinch of salt

1/4 tsp baking powder

4 tbsp softened butter

5 tbsp brown sugar

1/2 tsp vanilla

1 egg

### Directions:

**Pumpkin Butter:** Add all ingredients to a **large saucepan** or pot over medium-high heat and stir to combine. Once it begins bubbling, reduce heat to low and simmer. You're looking for a frequent bubble, so if there isn't much going on at the surface, increase heat to medium-low heat. If bubbling too vigorously, reduce heat to low. Cook, uncovered, for 15-20 minutes, stirring occasionally. This is 20-minute pumpkin butter, but if you have more time, leaving it on the stove for another 5-10 minutes will only deepen the flavors and thicken the texture.

Taste and adjust seasonings as needed, adding more sugar or maple syrup for sweetness, lemon juice for acidity, cinnamon or pumpkin pie spice for warmth, or salt to balance the flavors. Once cooled completely, transfer to a large glass container and store in the refrigerator for up to 2 weeks, sometimes more (depending on the freshness of your ingredients). Freeze for 1 month.

**Cookie Dough:** **Mix** the flour, salt, and baking powder, and set aside. Put the butter and the 3 tbsp sugar in the bowl of a **stand mixer**, beat together until pale and fluffy. Add the vanilla and the egg, beat again. Slowly add the flour

mix on low, mix until well incorporated. Pat out the small rectangle, **wrap** and chill for 30 minutes. When the dough has chilled pre-heat the oven to 400 degrees. On a lightly floured baking pan roll out an 8x10 rectangle of dough. **Cut** in half lengthwise. Lay some pumpkin butter paste down the middle of the dough lengthwise. Wet the long edge of each piece of dough, then roll each piece up and over the fig paste and over the other side of the crust completely encasing the pumpkin butter. Run a **fork** down the dough to slightly flatten the roll and leave decorative lines. Cut each log in 6 pieces. Bake 10-12 minutes in the pre-heated oven.

Kristyn Slick

kristyn@makingmealtime memories.com

www.makingmealtime memories.com