



Pumpkin Muffins

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Anna's Gourmet Goodies



I have used this recipe as a basis for a variety of muffins including banana, blueberry, cinnamon raisin, apple, and more. These pumpkin muffins with some fresh pumpkin puree and are very tasty.

If you don't have fresh pumpkins to cook, you can substitute the canned variety – but I'd recommend giving fresh ones a try if possible.

Fresh Pumpkin Muffins

Makes (24) 2.5 oz. muffins

- 4 ½ cups whole wheat pastry flour
- 1 ½ cups sugar
- 2 tbsp + 1 tsp baking powder
- 1 tsp salt
- 2 tbsp cinnamon
- 2 eggs
- 4 cups pumpkin puree
- 1 ½ sticks butter (melted)

Cooking fresh pumpkin

Cut open the top of the pumpkin, remove the seeds, and scrape the inside with a spoon to remove the loose string matter and get to the firm meat. Cut the pumpkin in quarter pieces or other manageable sizes. I use a sharp metal grater to peel the outside skin. You can use a heavy duty potato peeler or a sharp knife – be careful.

After peeling the pumpkin, cut into small 1" cubes. Add a tablespoon of butter to a large stock pot and heat to melt the butter. Add the pumpkin, cover, and cook over medium to high heat. Stir to prevent sticking on the bottom of the pot.

Cook the pumpkin until it is soft and chunks can be mashed with a spoon. Remove from the heat. Using a potato masher or a handheld blender, puree the chunks until smooth. Set aside.

Prepare the mixture

Pre-heat the oven to 400 degrees. Prepare muffin pans with paper muffin cups, or use stand alone paper muffin cups. Muffin batter should go into the oven quickly after mixing, so don't let it sit around for too long.

Sift together the dry ingredients into a large bowl. Melt the butter. Crack the eggs and stir to blend. Make a pocket in the center of the flour mixture and add the butter, pumpkin puree and the eggs. Stir with a large spoon until all the flour is moist. Don't over mix.

Fill each muffin cup. I put about 2.5 oz. in a standard size cup. These will rise, so give them some room. Sprinkle the tops with a mixture of 1 teaspoon of cinnamon to 3 tablespoons of sugar.

Bake for 20-25 minutes until the tops are nice and brown.

Substitutions

If you don't have fresh pumpkin available, blend can pumpkin with enough water to bring it to the consistency of thick soup.

Don't have whole wheat pastry flour? Sift together a mix of 50% whole wheat flour with 50% unbleached all purpose flour.

Substitute whole milk for pumpkin, then add your favorite fruit – blueberries, raisins, bananas, apples, have fun!

Bon Appetit!