



FarmFresh

Recipes

October 2015

Available Now...

Pumpkins

Looking for a place to pick your own pumpkin or a local harvest festival?

Find family-friendly fall activities at www.coloradoagritourism.com.



Tips & Nutrition

When selecting your pumpkin, choose a gourd that is heavy for its size, clean, well-shaped with no cracks in the rind and avoid those with soft spots or decay. More than just a beautiful decoration, pumpkins are nutritious. They are fat free, sodium free, a good source of Vitamin C and an excellent source of Vitamin A.

Fresh Inspirations...



Pumpkin Cheesecake

Crust

- 2 Cups Gingersnaps, crushed
- 1/4 Cup Dark Brown Sugar
- 1 Stick Butter, melted
- 2 Tbsp. Hickory Smoked Salt

In a medium mixing bowl, add the crushed gingersnap crumbs, melted butter, brown sugar and smoked salt. Mix well until all butter is absorbed by the crumbs. Spray the bottom and sides of a 9" spring form pan with non-stick cooking spray. Press crumb mixture into bottom of pan.

Filling

- 3 8 oz. Packages Cream Cheese
- 1 Can Pumpkin Puree
- 4 Whole Eggs
- 1 Egg Yolk
- 1/4 Cup Sour Cream
- 1-1/2 Cups Sugar
- 2 Tbsp. All Purpose Flour
- 2 Tbsp. Vanilla Paste
- 2 Tsp. Pumpkin Pie Spice

In a large mixing bowl, add the cream cheese and allow to soften for 20 minutes. Using a hand mixer with paddles beat the cream cheese until smooth. Add pumpkin puree, eggs, egg yolk, sour cream, sugar, flour, vanilla paste and pumpkin pie spice and beat until smooth.

Topping

- 1 Tbsp. Hickory Smoked Salt

Preheat oven to 350°F. Pour cheesecake batter into the pan over the crust and allow the batter to settle. Place in the oven on the middle rack and cook for 45 minutes. Check the cheesecake then continue to cook in 10 minute increments until done, approximately 60-75 minutes. Cheesecake should have a firm center with a slight amount of wobble. Once the cheesecake is set, remove from the oven and allow to cool for 15 minutes, and then top with smoked salt. Place in refrigerator to cool for at least four hours. Serve well chilled.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Potatoes