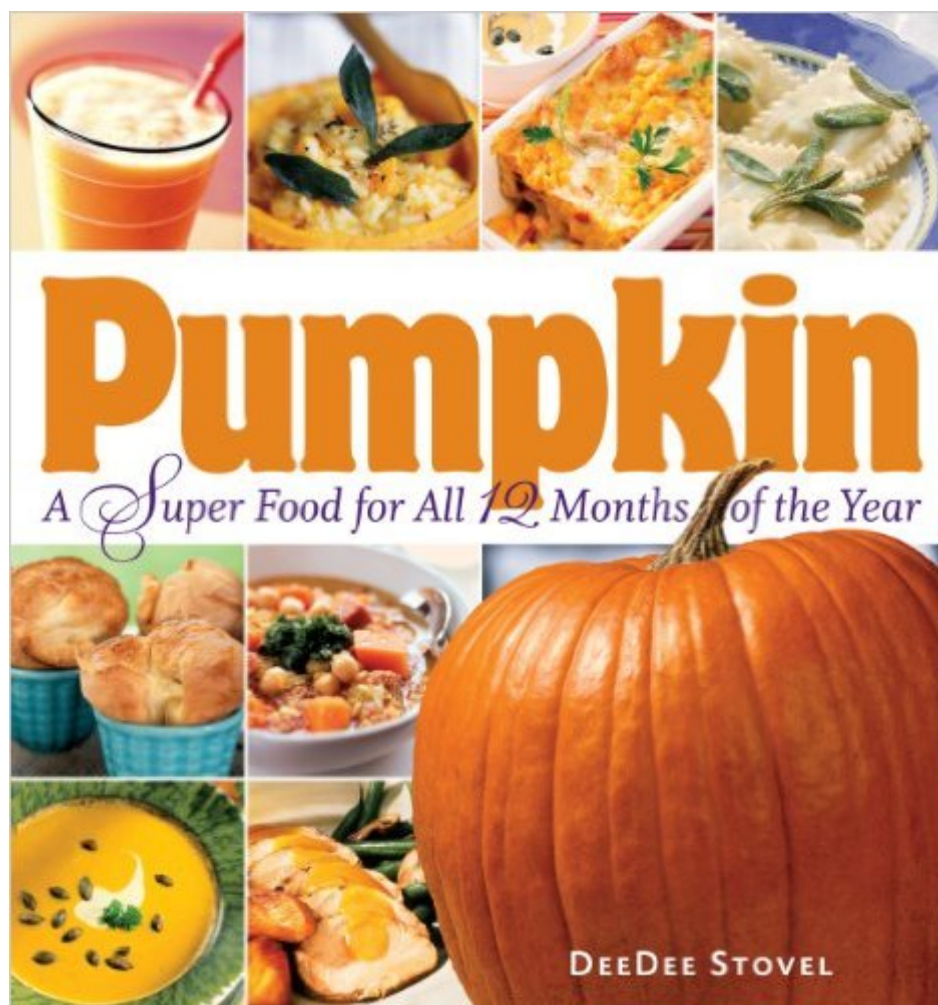


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# Pumpkin, A Super Food For All 12 Months Of The Year



## Synopsis

Nutritious, delicious, and amazingly versatile, pumpkin provides necessary vitamins, protein, and complex carbohydrates to a balanced and healthy diet. Reap the benefits of this superfood as you take advantage of its mellow flavor and smooth texture to add a new dimension to your favorite dishes. Using both fresh and canned pumpkin, DeeDee Stovel offers 125 easy-to-follow recipes that include Thai Pumpkin Soup, Pumpkin Pizza with Gorgonzola Cheese, Pumpkin Panna Cotta, and, of course, Pumpkin Pie. Dig in!

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (42 customer reviews)

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## Customer Reviews

I love this cookbook and I'm so glad it was written. I love pumpkin and it is so good to see it used to it's full potential with these recipes. It surprises everyone(including me sometimes)when they find out how versatile and delicious pumpkin really is and this cookbook will take you to the heights of pumpkin pleasure! Most people think pumpkin is only for pie(or jack o lanterns) and maybe other sweet items like bread,cakes, lattes, etc. However, pumpkin can be used in all sorts of dishes. I've made lots of recipes from this book and there was only one slight disappointment; the Mexican Pumpkin Lasagne. It was basically delicious but kind of dry; I felt it could have used more sauce. Another reviewer mentioned the Pumpkin Molasses Gingersnaps and how delicious they were. I second that. However, other than one other recipe, I haven't made many of the sweet recipes from this book, mostly because I'm so very interested in exploring pumpkin's usage in savory main dishes, side dishes, appetizers, etc. and I have tried and true pumpkin dessert recipes that I have

gotten elsewhere. However I do love pumpkin sweets and wouldn't mind trying the sweet things from this book anyway... My favorite dish from this book by far is the Pumpkin Gratin with Caramelized Onions. Oh my! The nutty, creamy Gruyere cheese, the caramelized onions flavored with smoky bacon and thyme, the mellow pumpkin as a base, touched with the nutmeg scented cream, topped with crispy breadcrumbs and browned cheese. Heaven on earth. I'm salivating just thinking of it! Every autumn my friends and I hold a Great Pumpkin Feast; a pot luck that is everything pumpkin, and this dish is always the big hit. I have friends who can't wait for the feast just so they can have the gratin!

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