

Great Pumpkin Recipes from Five New York City Chefs



These easy-to-make pumpkin recipes come from the seasonal menus of five New York City chefs. A word of advice from them and us: Skip the can of Libby's Famous filling, and scoop your own. And sort and roast the seeds for a spicy snack or a protein-packed granola.

—Alia Akkam for WellandGoodNYC.com

Sweet Potato and Pumpkin Soup

Recipe by Ryan Angulo,
Chef of Buttermilk Channel

www.buttermilkchannelnyc.com

“Cheese pumpkins, aka Cinderella, are my favorite this time of year,” says Ryan Angulo, chef of Buttermilk Channel in Carroll Gardens, who uses them to whip up his sweet potato and pumpkin soup. “They are pretty large and full of usable meat. I split them in half, scoop out the seed, and roast them flesh side down at 350 degrees for about 40 minutes, or until soft.” The olive and rosemary-accented soup is surprisingly creamy—and vegan.

Ingredients:

- 1 pound roasted sweet potato
- 1 pound roasted pumpkin
- 1 medium onion
- ½ cup extra virgin olive oil
- Salt
- Kalamata olives
- 1 small loaf olive bread
- Fresh Rosemary

Method:

Sweat onions in ¼ cup of olive oil until translucent. Add roasted sweet potato and roasted squash. Cover with water and bring to a simmer. Simmer for 20 minutes. Puree with a hand blender and season to taste. Cut bread into mini croutons and toss with remaining olive oil. Bake in 350 degree-oven until golden brown. Remove pits from olives and lightly fry. Rough chop olives and reserve. To plate, divide soup into bowls. Place a teaspoon of fried olives and a few sprigs of rosemary into the soup. Top with croutons at the last minute and serve.

Serves: 4-6

Pumpkin Orzo with Sage, Pine Nuts, and Parmesan

Recipe by Jesse Schenker,
Chef of Recette

www.recettenyc.com



Pine nuts add a pop of texture to this soothing orzo dish Chef Jesse Schenker makes at his West Village restaurant, Recette. Sage and Parmesan infuse it with a welcoming earthiness reflective of the season. As Schenker says, "I love it because it's simple, tasty, and feels like fall in a bowl."

Ingredients:

1 box good quality Orzo
1 small pumpkin
¼ pound (1 stick) butter
1 Tbsp chopped fresh sage
½ cup grated Parmesan Reggiano
1 Tbsp toasted chopped pine nuts
1 Tbsp extra virgin olive oil
Kosher salt & pepper to taste

Method:

Cut pumpkin in half. Remove all seeds and membrane. Put ¼ of a stick of butter in each half of the pumpkin. Season with salt and pepper. Roast in a 400-degree oven for 20-25 minutes until fork tender and golden brown. Set aside until cool.

Once cooled, with a spoon, scrape out the interior of the pumpkin, discarding the skin. Place contents into blender or food processor and blend until smooth. Make sure to include all pan juices in the blender. Refrigerate pumpkin puree.

Boil orzo for 8-10 minutes until desired texture. Strain into colander and put back into the pot. With wooden spoon, stir in pumpkin puree, remainder of butter, Parmesan cheese, and sage. Season to taste. Serve in large bowl. Garnish with extra virgin olive oil and toasted pine nuts.

Serves: 6-8

Pumpkin Ratatouille

Recipe by Matthew Riznyk,
Catering chef de cuisine of Great Performances

www.greatperformances.com



Matthew Riznyk of Great Performances, the company that keeps Lincoln Center patrons well fed, gives ratatouille an autumnal (and American) spin with pumpkin. “The simplicity of this recipe lets ingredients shine through— hearty, comforting, and at the peak of flavor,” Riznyk says. Try it as a companion to, say, lentil loaf.

Ingredients:

2 cups pumpkin, ½” diced
1 cup acorn squash, ½” diced
½ cup red onion, ¼” dice
1 Tbsp thyme, chopped
1 Tbsp garlic, chopped
3 Tbsp olive oil

Salt and Pepper to taste

Method:

Preheat oven to 350 degrees. Toss all ingredients together in a bowl and lay on a baking sheet and roast until vegetables are tender yet toothsome, about 40 minutes.

Pumpkin Spice Muffins

Recipe by Erin McKenna,
Baker-owner of Babycakes NYC

www.babycakesnyc.com



Photo credit: Horacio Salinas

Crank up the oven to make these Babycakes beauties on a lazy weekend morning. The recipe appears in the BabyCakes: Vegan, (Mostly) Gluten-Free, and (Mostly) Sugar-Free Recipes from New York's Most Talked-About Bakery cookbook. They're super moist thanks to a recipe mastered by Erin McKenna, the bakery's brainchild. Enjoy one with a evening cup of Rooibos, too.

Ingredients:

2 cups Bob's Red Mill Gluten-Free All-Purpose Baking Flour
2 tsp baking powder
2 tsp baking soda
1 tsp xanthan gum
1 tsp salt
1 tsp ground cinnamon
1 Tbsp ground ginger
1/2 cup coconut oil, plus more for the pan
2/3 cup agave nectar
2/3 cup rice milk
2 Tbsp vanilla extract
1 1/2 cup pumpkin puree
1/2 cup hot water

Method:

Preheat the oven to 325 degrees. Line a standard 12-cup muffin tin with paper liners.

In a medium bowl, whisk together the flour, baking powder, baking soda, xanthan gum, salt, cinnamon, and ginger. Add the oil, agave nectar, rice milk, and vanilla directly to the dry ingredients. Stir until the batter is smooth and thick. Using a plastic spatula, fold in the pumpkin and hot water until both are evenly distributed throughout the batter. Pour 1/3 cup batter into each prepared cup, almost filling it. Bake the muffins on the center rack for 22 minutes, rotating the tin 180 degrees after 10 minutes. The finished muffins will be soft to the touch, and a toothpick inserted in the center will come out clean.

Let the muffins stand in the tin for 15 minutes, then transfer them to a wire rack and cool completely. Store the muffins in an airtight container at room temperature for up to three days.

Serves: 12

Roasted Japanese Pumpkin Sandwich

Recipe by Eric Yu,
Founder-chef of Peacefood Cafe

www.peacefoodcafe.com



Japanese pumpkin, best known as hard-skinned kabocha, lends itself incredibly well to Eric Yu's seemingly simple but delicious sandwich at Upper West Side vegan lair, Peacefood Cafe. The caramelized onions add sweet levity to the dense rye, and walnuts give this sandwich delicious texture.

Ingredients

4 slices of dense rye bread

Caramelized onion filling:

Slow cook one large sliced onion with 2 Tbsp olive oil, a splash of balsamic vinegar, and squirt of agave nectar.

Cashew Cheese:

Soak ahead and drain 1/4 cup cashew nuts

2 cloves of roasted garlic

1 1/2 Tbsp of lemon juice

1 Tbsp nutritional yeast

Sea salt to taste

Put all ingredients in a blender and ground to a paste.

Pumpkin:

Roast 1/2 Japanese pumpkin with a little sea salt and pepper for half hour at 350 degrees. Scoop out and mash, season with olive oil. Finely chop 1/4 cup walnuts.

Using two slices of bread, add a layer of cashew cheese, pumpkin, caramelized onions, and walnuts. Top with seasoned salad greens.