

HALLOWEEN FUN FOR ALL:

PUMPKIN CARVING, CRAFTS,
RECIPES, AND MORE!

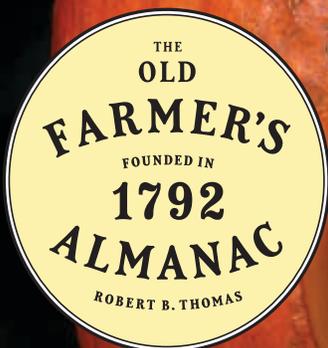


TABLE OF CONTENTS

- /// History of Halloween
- /// The Custom of Costumes
- /// DIY: Halloween Makeup
- /// From Tricks to Treats
- /// Treat Recipes
- /// Shedding Light on the Jack-o'-Lantern
- /// How to Carve the Best Pumpkin
- /// DIY: Pumpkin Seed Necklace
- /// How to Clean and Cook a Pumpkin
- /// Pumpkin Recipes



HISTORY OF HALLOWEEN

The origin of Halloween and many of its customs can be traced to Samhain (pronounced SOW-in, which rhymes with COW-in), an ancient pagan Celtic festival that was celebrated in what is now Great Britain to mark the end of the harvesttime and the beginning of the new year. The 2-day celebration began at sundown on October 31. The Celts believed that the veil between the worlds of the living and the dead was at its thinnest during Samhain, thereby making it a good time to communicate with the deceased and to divine the future.

Following the triumph of the Holy Roman Empire over Celt-occupied lands in the 1st century A.D., the Romans incorporated many of the Celtic traditions, including Samhain, into their own. Eight hundred years later, the Roman Catholic Church further modified Samhain, designating November 1 as All Saints' Day, in honor of all Catholic saints. It was celebrated with mass, bonfires, and people costumed as angels and saints parading through the villages.

November 1 was also known as All Hallows' Day ("hallow" means to sanctify or make holy). October 31 was called All Hallows' Eve. Over time, All Hallows' Eve was shortened to Hallows' Eve, which became Hallows Evening, which became Hallowe'en, and, eventually, Halloween.

THE CUSTOM OF COSTUMES

During Samhain, superstitious country folk would disguise themselves with animal skins and masks made from sailcloth or linen. In costume, they would go outdoors and make lots of noise, in an effort to fool troublesome spirits into thinking that they were one of them or to scare them away.



PUSHKIN/SHUTTERSTOCK

DIY: HALLOWEEN MAKEUP

Whether you go to a party or only to the front door to greet and treat the little goblins from your neighborhood, get into the spirit with a few special-effects tricks. These quick-and-easy ideas are fun for all ages.

MONSTER MAKEOVER

3 tablespoons cornstarch
1 tablespoon flour
3/4 cup light corn syrup
1/4 cup water
4 paper cups
3 food colorings
3 stirrers
tissue paper, torn lengthwise into 2-inch strips
puffed wheat cereal



1. In a bowl, mix together the cornstarch and flour. Add the corn syrup and water and stir until smooth.
2. Divide the mixture into four paper cups. Set aside one mixture untinted. Add one food coloring to each of the remaining cups. Stir each one with a separate stirrer.

For “skin”: Paint some untinted mixture onto a section of your face. Place strips of tissue paper over it. Cover with more untinted mixture. Continue covering your face, one area at a time.

For “warts”: Stick puffed wheat to the untinted mixture on your face and cover with tissue paper.

For fun: When the mixture on your face is dry, use the colored mixtures to paint your face.

To remove, wet your face and peel the tissue away. Wash your face with soap and water.

FAKE BLOOD

1 cup light corn syrup
1 teaspoon red food coloring

1. Combine the ingredients in a bowl and stir to blend. If the mixture is too thick, add water, a few drops at a time, then stir. Apply the “blood” to your clothes and body. (Food coloring can stain fabric permanently, so use old clothing.)

FACE PAINT

For each paint color, you will need:

1 paper cup
1 teaspoon cornstarch
1/2 teaspoon cold cream
1/2 teaspoon water
1 to 2 drops food coloring
small paintbrush or cotton swab



1. Put the cornstarch and cold cream into a paper cup and mix until blended. Add the water and food coloring, then stir.
2. Use a paintbrush or swab to apply the paint to your face.
3. Remove with soap and water.



FROM TRICKS TO TREATS

An extra place was set at the table during Samhain as an offering to deceased loved ones. In addition, food was placed outside, near the doorway, to appease bothersome spirits who might otherwise play a trick on the inhabitants.

Samhain had happier festivities as well, including carrying out rituals in order to tell the fortune of the coming year. Ancient Britons, for example, bobbed for apples, believing that the first person to catch an apple with their teeth would be the first to marry in the new year.

Today's trick-or-treating dates from the Middle Ages, when poor people collected baked goods called "soul cakes" from the wealthy—a practice called going-a-souling. In exchange for cakes, the visitors promised to pray for the giver's deceased loved ones.

TREAT RECIPES

HALLOWEEN FUDGE

1 tablespoon butter
2 cups sugar
2/3 cup whole milk
2 squares unsweetened chocolate

1 teaspoon vanilla extract
1/2 cup chopped walnuts or 1 heaping
tablespoon peanut butter (optional)
candy corn (optional)



Butter a small baking pan.

Melt butter in a heavy saucepan. Add sugar, milk, and chocolate, and stir constantly until chocolate is melted. Boil for 13 minutes on medium-low heat, stirring occasionally. Remove from heat, add vanilla and walnuts (if using), and beat until creamy. Work quickly. Pour at once into prepared pan, cool slightly, and mark into squares.

Optional: Add candy corn on top before you let the fudge cool completely.
Makes 64 small squares of fudge.

CANDY APPLES

9 red apples
9 wooden skewers
3 cups sugar

1/4 teaspoon cream of tartar
1/4 teaspoon salt
red food coloring



Wash and dry apples. Remove stems and insert skewers.

In a deep saucepan, combine sugar, cream of tartar, salt, and 1 cup of water over medium-low heat. Add food coloring to get desired color. Stir until sugar is dissolved. Cook rapidly without stirring to medium crack stage (290°F on a candy thermometer).

Remove from heat and immediately dip apples. Twirl to cover and place, stick up, on wax paper to harden.
Makes 9 apples.

CARAMEL POPCORN BALLS

Watch the caramel: It can go from golden to nearly black in a matter of just a few seconds.

1 cup granulated sugar
1/2 cup light corn syrup
1/2 teaspoon white vinegar
1/2 teaspoon salt
1/4 cup salted butter, plus more for bowl and hands
1 teaspoon vanilla extract
12 cups popped popcorn



Grease a large bowl with butter or cooking spray.

In a heavy saucepan, stir together sugar, corn syrup, vinegar, and salt. Bring to a boil over medium-high heat and stir in butter. Reduce heat to medium-low and boil gently for about 3 minutes, or until mixture is light golden brown, stirring often. Remove from heat and stir in vanilla.

Put popcorn into a large bowl. Pour syrup mixture over popcorn and stir with a spatula until popcorn is evenly coated. As soon as the mixture is cool enough to handle, lightly butter your hands and shape popcorn into 2- to 3-inch balls. When balls are cool, wrap in plastic or wax paper.

Makes 12 to 14 popcorn balls.

COOKIE CRITTERS

black licorice, cut into 1-inch-long pieces

chocolate sandwich cookies

chocolate frosting

miniature chocolate-coated candies

Take six to eight pieces of licorice (depending on the size of the cookies) and push them into the sides of each cookie. Dab a small amount of chocolate frosting on two miniature chocolate-coated candies and stick them onto the cookie to look like eyes.



LOU EASTMAN



LOU EASTMAN

MARSHMALLOWS

Try using different extracts in place of vanilla, such as almond, lemon, or orange.

3/4 cup confectioners' sugar, divided

1 cup cold water, divided

3 packets (1/4 ounce each) unflavored gelatin

2 cups sugar

1 cup corn syrup

pinch of salt

2 teaspoons vanilla extract

Spray a 13x9-inch baking pan with nonstick cooking spray. Line the bottom of the pan with parchment or wax paper. Sift half of the confectioners' sugar over parchment paper. Set aside.

In the bowl of a stand mixer, combine 1/2 cup of cold water with gelatin. (If using an electric hand mixer, place 1/2 cup of cold water and gelatin in a large bowl.) Allow gelatin to "bloom" and soften, about 15 minutes.

In a saucepan, combine remaining 1/2 cup of cold water, sugar, corn syrup, and salt. Stirring, bring to a boil over medium heat. Increase heat to high. Do not stir. Cook until mixture reaches 240°F on a candy thermometer. Remove saucepan from heat.

Set the mixer on its lowest speed and slowly pour the corn syrup mixture into softened gelatin. Try not to get any of the syrup on the beater(s). Gradually increase mixer speed until you reach the highest speed. Beat until mixture has tripled in volume and is very thick, glossy, and stiff, about 10 minutes. (This will take longer if using an electric hand mixer.) During the last minute of mixing, slowly stream in vanilla.

Scrape mixture into prepared pan, spreading quickly. You may need to wet a rubber spatula with water and use it to spread the mixture. Sift the remaining confectioners' sugar over the top. Set aside for 12 hours or overnight.

Dip a cookie cutter in confectioners' sugar and cut out marshmallow shapes. These may be stored at room temperature in an airtight container for up to 1 month.

Makes about 16 marshmallows, depending on size of cookie cutter.



ALEXSVIRID/SHUTTERSTOCK

SHEDDING LIGHT ON THE JACK-O'-LANTERN

Turnip lanterns predate pumpkins as jack-o'-lanterns. In ancient Ireland, revelers would hollow out large turnips (or potatoes or beets), carve frightening designs into them, and light them from within with a candle or piece of smoldering coal. They then placed the lanterns in the windows and doorways of their homes, in the belief that the carvings would scare off evil spirits and welcome deceased loved ones inside.

Irish immigrants arriving in the New World during the early 1800s found the larger, easier-to-carve pumpkins ready substitutes for turnips.

HOW TO CARVE THE BEST PUMPKIN

Here are an expert's secrets for carving a better-than-average jack-o-lantern:

Pick an oddly shaped pumpkin. Everyone, it seems, looks for the most perfectly formed pumpkin for their jack-o'-lantern. The better choice is actually one that is slightly misshapen—a little long, a little wide, a little bumpy. The peculiarities will give your pumpkin character.

Figure out the face. Before making any cuts, outline your ideas for a face on the pumpkin with a water-based marker. Draw a line establishing the middle of the face and draw the features on both sides to match—or not. Then trace these lines with a permanent marker.

Hollow with care. How will you display your jack-o'-lantern? If you're going to light the pumpkin, hollow it from the top; this will allow the escape of heat from a lamp or smoke from a flame (if you are using a candle). If the jack-o'-lantern will not be lit, you can hollow it out from a hole in the back so that the look of the face is not affected.

Amplify your ideas. Exaggerate the facial features and carve the entire pumpkin, not just one side.

DIY: PUMPKIN SEED NECKLACE

Making a necklace from the seeds you dig out of your pumpkin is as easy as 1, 2, 3 . . . 4, 5!

1. Separate the seeds from the pulp and rinse them well in warm water.
2. Spread the seeds out on paper towels to dry completely.
3. When the seeds are dry, color them with felt-tip markers, leaving some uncolored if you wish.
4. Make holes near the center of each seed, using a big needle or an awl and a block of wood.
5. String the seeds with a large-eye needle and fine elastic, using 125 to 130 seeds for a necklace and far fewer for a matching bracelet. (Measure around your neck or wrist before cutting the elastic, allowing a little extra to tie the finishing knot.)



MARGO LETOURNEAU

HOW TO CLEAN AND COOK A PUMPKIN

Your jack-o'-lantern pumpkin may not be the best one to eat. The best varieties of pumpkin for eating are sugar, aka pie or sweet, pumpkins. Some of the most flavorful are 'New England Pie', 'Long Pie', and 'Long Island Cheese'.

1. Scrub the outside of the pumpkin with a vegetable brush.
2. Cut the pumpkin in half and use a spoon to scrape out the fibers and the seeds. A serrated grapefruit spoon works well for this.
3. Cut the pumpkin halves into smaller pieces, then place them skin side up in a shallow baking dish.
4. Add water to just cover the bottom of the dish and cover it tightly. (Use aluminum foil if the dish does not have its own lid.)
5. Bake in a 325°F oven until the pumpkin is fork-tender. The time will vary depending on the size of your pieces.
6. Set the pumpkin aside to cool, then either cut off the peel or scoop out the flesh.



DENISE TORRES/SHUTTERSTOCK

CRUNCHY PUMPKIN SEEDS

- 2 cups pumpkin seeds, rinsed
- 1 tablespoon olive oil
- 1 teaspoon kosher or sea salt



Preheat oven to 350°F.

In a bowl, toss seeds in oil to coat. Spread on a rimmed baking sheet and sprinkle with salt.

Bake for about 10 minutes and stir. Bake 5 minutes longer, or until lightly toasted. Transfer to a large shallow plate to cool before serving.

Makes 2 cups.

PUMPKIN RECIPES

PUMPKIN PANCAKES

- 1-1/2 cups unbleached all-purpose flour
- 2 tablespoons baking powder
- 2 tablespoons firmly packed brown sugar
- 2 teaspoons ground cinnamon
- 1 teaspoon ground allspice
- 1 teaspoon salt
- 1-1/2 cups evaporated milk
- 1 cup puréed pumpkin
- 2 large eggs, lightly beaten
- 1-1/2 teaspoons vanilla extract
- 1/4 cup bacon drippings (liquid, but not hot)



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In a bowl sift together flour, baking powder, brown sugar, cinnamon, allspice, and salt. Stir in evaporated milk, pumpkin, eggs, vanilla, and bacon drippings and stir batter until well combined.

Preheat greased griddle or skillet over medium-low heat until drops of water scatter over the surface. Pour 1/3 cup of batter onto griddle for each pancake. Cook pancakes for 2 minutes on each side, or until golden and cooked through.

Makes 12 pancakes.

GINGER THAI PUMPKIN BISQUE

- 1 tablespoon vegetable oil
- 1/2 cup chopped onions
- 1 clove garlic, minced
- 4 cups puréed pumpkin
- 2 tablespoons grated ginger
- 1 can (15 ounces) coconut milk
- 2 cups chicken stock
- 1/4 cup soy sauce
- 2 tablespoons lime juice
- 1 teaspoon red curry paste
- 1 teaspoon salt
- 4 tablespoons freshly minced cilantro, divided
- 4 tablespoons shredded unsweetened coconut, for garnish



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Heat oil in a 3-quart saucepan or stockpot over medium heat. Add onions and garlic and cook until onions are tender. Remove mixture to a food processor or blender. Add pumpkin and ginger, then process until mixture is smooth. Return mixture to saucepan. Add coconut milk, stock, soy sauce, lime juice, curry paste, and salt. Bring to a simmer and cook for 15 minutes. Stir in 2 tablespoons of cilantro. Simmer for 2 minutes more.

Ladle soup into serving bowls and garnish with shredded coconut and remaining cilantro.

Makes 6 to 8 servings.

PUMPKIN MACARONI AND CHEESE

- | | |
|---------------------------------|--|
| 1 pound pasta, your preference | 1-1/2 cups milk |
| 2 tablespoons butter | 2 cups shredded sharp cheddar cheese, divided |
| 1/2 cup chopped onions | 1 cup puréed pumpkin |
| 3 cloves garlic, chopped | 2 tablespoons chopped fresh sage |
| 2 tablespoons all-purpose flour | salt and freshly ground black pepper, to taste |
| | 1/2 cup seasoned bread crumbs |

Preheat oven to 350°F. Grease a large casserole.

Cook pasta al dente in boiling salted water.

In a deep skillet, melt butter over medium heat. Add onions and garlic and cook until soft, about 5 minutes. Add flour and stir to form a paste. Cook for 2 to 3 minutes. Slowly whisk in milk until smooth. Whisk in 1 cup of cheese. When cheese is melted, add pumpkin and sage. Season with salt and pepper.

Mix pumpkin mixture with pasta and spread in prepared dish. Mix together remaining cheese and bread crumbs and sprinkle on top.

Bake for 30 minutes, or until topping has browned.

Makes 6 to 8 servings.



BRENT HOFACKER/SHUTTERSTOCK

SOUTHWESTERN PUMPKIN BURGERS

3 tablespoons vegetable oil, divided
1/2 cup finely chopped onion
1/2 cup frozen corn kernels, thawed
1/4 cup finely chopped green bell pepper
1 clove garlic, minced
1 teaspoon cumin
1 teaspoon chili powder
1/2 teaspoon smoked paprika
3/4 cup fine-curd cottage cheese
1/2 cup puréed pumpkin
1 egg yolk
2 tablespoons chopped fresh Italian parsley
scant 1/2 teaspoon salt
freshly ground black pepper, to taste
1-1/4 cups panko bread crumbs
1 cup shredded pepper jack or sharp cheddar cheese
6 hamburger buns, optional



BECKY LUIGART-STAYNER

Heat 2 tablespoons of oil in a skillet over medium heat; add onions, corn, and bell peppers and cook for 5 minutes, or until soft. Add garlic, cumin, chili powder, and smoked paprika and cook for 30 seconds more, stirring constantly. Remove from heat.

In a bowl, combine cottage cheese, pumpkin, and egg yolk and mix with a wooden spoon. Add onion-corn-pepper mixture, parsley, salt, and black pepper. Stir and add bread crumbs and cheese. Stir until combined. Cover and refrigerate for at least 2 hours, or overnight.

Heat remaining tablespoon of oil in a nonstick skillet over medium heat. Shape pumpkin mixture into six patties. Place them in the skillet and cook, in batches, if necessary, for 3 minutes on each side, or until lightly browned, turning once. Serve with or without buns.

Makes 6 servings.

PUMPKIN PICKLES

4 cups pumpkin, peeled and cut into bite-size cubes
1-1/2 cups sugar
1-1/2 cups apple cider vinegar
10 whole cloves
2 sticks cinnamon

Steam pumpkin until barely tender, about 10 minutes (don't let pumpkin touch the boiling water or it will get mushy). Drain thoroughly and set aside.

In a saucepan, combine sugar, vinegar, cloves, and cinnamon and simmer, covered, for 20 minutes. Add pumpkin, return to a simmer, cover, and cook for 3 minutes more. Remove pan from heat and leave pumpkin in the syrup; refrigerate for 24 hours.

Heat mixture to simmering and cook for 5 minutes. Remove spices and pack pumpkin into sterilized jars. Fill with syrup, leaving 1/4 inch of headspace. Seal and process for 10 minutes; start counting the processing time when the water starts to boil.

Makes about 3 pints.



HANDMADE PICTURES/SHUTTERSTOCK

BLUE RIBBON PUMPKIN PIE

This recipe won a blue ribbon at the Goshen (Connecticut) Fair—hence its name.

CRUST:

2 cups all-purpose flour
1 teaspoon salt
2/3 cup shortening
2 tablespoons butter, melted
5 tablespoons cold water
1 tablespoon white vinegar

FILLING:

1 cup sugar
1 tablespoon all-purpose flour
1 teaspoon ground ginger
1 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
1/2 teaspoon salt
1/8 teaspoon black pepper
1/8 teaspoon ground cloves
3 eggs
1-1/2 cups puréed pumpkin
1 cup light cream or evaporated milk

For crust:

In a bowl, mix flour and salt. Cut in shortening and butter until mixture is like coarse crumbs. Add water and vinegar, mixing with a fork. Form into a ball, wrap in plastic, and chill.

When the filling is made, remove one ball of dough from the refrigerator, take it out of the plastic wrap, and roll it out to form a circle that is the diameter of your pie pan. Fit it into the pie pan and trim excess from edges.

Preheat oven to 400°F.

For filling:

In a bowl, combine sugar, flour, ginger, cinnamon, nutmeg, salt, pepper, and cloves. Beat in eggs. Stir in pumpkin and cream.

Pour filling into prepared pie shell. Bake for 50 minutes, or until a knife inserted into the center of the pie comes out clean. Cool completely before serving.

Makes 6 to 8 servings.



ANJELIKAGR/SHUTTERSTOCK



BROWNED BUTTER-FROSTED PUMPKIN BARS

BARS:

1-1/2 cups all-purpose flour
1-1/4 cups sugar
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon ground ginger
1 can (15 ounces) pumpkin purée
3/4 cup (1-1/2 sticks) salted butter, melted
3 eggs
3/4 cup chopped sweetened dried cranberries (optional)

FROSTING:

1/2 cup (1 stick) salted butter
4 cups confectioners' sugar
1 teaspoon vanilla extract
1/4 to 1/3 cup milk

For bars:

Preheat oven to 350°F.

In a bowl, combine flour, sugar, baking powder, cinnamon, baking soda, and ginger. Stir in pumpkin, butter, and eggs; mix well. Stir in cranberries (if using).

Spread batter into ungreased 15x10x1-inch jelly-roll pan. Bake for 20 to 25 minutes, or until a toothpick inserted into the center comes out clean. Cool completely.

For frosting:

In a 1-quart saucepan over medium heat, melt butter, stirring constantly and watching closely, until butter just starts to turn golden brown (3 to 5 minutes). Immediately remove from heat. Pour into a bowl and cool for 5 minutes. Add sugar and vanilla to cooled browned butter and mix well. Stir in enough milk for desired frosting consistency.

Spread frosting over cooled bars.

Makes about 5 dozen small bars.

PUMPKIN WHOOPIE PIES

CAKES:

1/2 cup (1 stick) unsalted butter, softened
1 cup brown sugar
2 eggs, at room temperature, lightly beaten
1 cup puréed pumpkin
2 teaspoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon vanilla extract
1 teaspoon baking powder
1 teaspoon baking soda
3/4 teaspoon salt
1-2/3 cups all-purpose flour

FILLING:

8 ounces cream cheese, softened
1/4 cup (1/2 stick) unsalted butter, softened
3/4 cup confectioners' sugar
2 tablespoons maple syrup
1/2 teaspoon vanilla extract
1/8 teaspoon salt



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For cakes:

Preheat oven to 350°F. Line two baking sheets with parchment paper.

In the bowl of a stand mixer with whisk attachment, mix together butter and brown sugar until smooth. Add eggs, pumpkin, cinnamon, ginger, vanilla, baking powder, baking soda, and salt. Using a spatula, fold in the flour.

Use an ice-cream scoop to drop six mounds of batter, spaced evenly, onto each baking sheet. Bake for about 10 minutes, or until springy to the touch. Transfer to a rack to cool completely.

For filling:

In the bowl of a stand mixer or with an electric beater, cream together cream cheese and butter. Add confectioners' sugar, maple syrup, vanilla, and salt. Mix at low speed until mixture is blended. Mix at medium-high speed for about 2 minutes, or until mixture is fluffy.

Spread the flat sides of six cakes with filling. Top each with another cake.

Makes 6 whoopie pies.



CATHERINE BOECKMANN

PUMPKIN CHEESECAKE BARS

CRUST:

- 1-1/4 cups graham cracker crumbs
- 3 tablespoons brown sugar
- 1/4 teaspoon ground cinnamon
- pinch of salt
- 5 tablespoons unsalted butter, melted

FILLING:

- 8 ounces cream cheese, softened
- 2/3 cup plus 1 tablespoon sugar, divided

- 1 egg plus 1 egg yolk, at room temperature
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 3/4 cup puréed pumpkin
- 1/3 cup heavy cream

For crust:

Preheat oven to 350°F. Butter an 8x8-inch square baking pan and set aside.

In a bowl, combine graham cracker crumbs, brown sugar, cinnamon, and salt. Add melted butter, stir well with a fork, then rub the mixture together with your fingers until evenly mixed. Press mixture into prepared pan to form a layer on the bottom of the prepared pan. Bake for 8 minutes. Cool on a rack.

Reduce oven temperature to 325°F.

For filling:

Using an electric hand or stand mixer, beat cream cheese until smooth, gradually adding 2/3 cup of sugar. Beat in egg and egg yolk, until smooth, then blend in vanilla.

In a bowl, combine cornstarch, cinnamon, ginger, nutmeg, and remaining 1 tablespoon of sugar.

Slowly beat spice mixture into cream cheese mix-

ture. Beat in pumpkin and heavy cream until evenly blended.

Pour filling over the crust. Bake for 40 to 45 minutes. When done, filling will have risen and will not be loose when you shake the pan. Cool on a rack.

Makes 16 bars.



BECKY LUGART-STAYNER