The Friday 4

4 FRESH IDEAS YOU CAN USE IN 4 MINUTES OR LESS

1 Quick Recipe: Moist and Incredibly Pumpkin-y!

Delicious Cake in Just 3 Steps:

Toasted Pecan Pumpkin Cake
3 Large Eggs
1 15 oz Can Pumpkin
3/4 Cup Canola or Vegetable Oil
½ Cup Water
1 ½ Cups All Purpose Flour
1 Cup Whole Wheat Pastry Flour
1 Cup Sugar
1 ¼ Cup Light Brown Sugar
1 ¼ Tsp Salt
1 ½ Tsp Baking Soda
1 Tsp Freshly Grated Nutmeg
1 Tsp Cinnamon
1 ½ Cups Toasted Chopped Pecans

Step One Preheat the oven to 350F. Grease and Flour, (or use Baker's Joy*), a Bundt Pan.

Step Two In a large bowl, whisk the 3 eggs. Add the pumpkin, oil and water. Whisk until smooth. Add the flours, sugars, salt, baking soda and spices. Mix well. Stir in the nuts

Step Three. Pour the batter into the pan, bake 65 to 75 minutes, or until a toothpick inserted near the center comes clean. Let cool on a rack for 10 minutes, remove from the pan and let cool completely. If desired, dust with powdered sugar.

2 Kitchen Smidgen

If you are not using *Bakers Joy non stick spray - now is the time to start! With no calories and no fat, it's an easy and light way to grease and flour pans in one step.

3 Get Creative

And make Balsamic Baked Cranberries to top your cake - serve on the side with your Turkey Day bird - or just serve by itself with a dollop of marscapone, yogurt or whipped cream. To make this versatile side dish, start with an oven proof casserole dish. Add 4 cups fresh cranberries, 1 cup brown sugar, 1/4 cup orange juice concentrate and the grated zest of an entire orange. Cover and bake in a 350F oven for about 1 hour, or until cranberries are getting dark and bubbly. Remove from the oven and stir in 1/4 cup Balsamic Vinegar.

4 WINE of the Week

Erath Vineyards Pinot Noir
Williamette Valley, Oregon

Costco about $16.00

Pinot Noir, the noble grape of Burgundy gets my vote for the best Thanksgiving wine. It's fruit forward flavor and velvety smooth taste allow it to easily bridge the savory turkey and sides. For your big day try this American take on this noble grape: Oregon Pinot Noir. You'll find Erath has lovely blackberry and cherry flavors with a long clean finish - perfect for drinking from the appetizer through dessert.

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