



Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Pumpkin Spice Cake

15 Ounces Canned Pumpkin (1 Can)
 4 Large Eggs
 ¾ Cup Avocado or Grapeseed Oil
 2 Tsp Vanilla
 2 Cups Whole Wheat Pastry Flour or All Purpose Flour
 1 ½ Cups Dark Brown Sugar
 1 Tsp Ground Ginger
 ½ Tsp Ground Mace (or Nutmeg)
 ½ Tsp Ground Allspice
 1 TB Ground Cinnamon
 2 Tsp Baking Powder
 1 Tsp Baking Soda
 ¾ Cup Chopped Toasted Pecans
 8 Oz Light Cream Cheese, softened
 2 TB Ground Ginger
 2 Cups Powdered Sugar
 Finely Chopped Candied Ginger

Step One Preheat the oven to 350F. In a large bowl, beat the pumpkin, eggs, oil and vanilla until well combined. (Can do with a wooden spoon or mixer.)

Step Two In another bowl, whisk together the dry ingredients, and then stir into pumpkin mixture. Add the nuts. Pour into a non-stick sprayed and parchment-paper lined 13" x 2" pan. Bake for 20-25 minutes or



when just a few crumbs remain when tested with toothpick. Set aside to cool while you make the frosting.

Step Three In the bowl of a standing mixer, (or with a hand mixer), whip together the cream cheese and ginger, sift in the powdered sugar. Refrigerate the frosting until the cake is completely cool. Sprinkle with the candied ginger before cutting into 24 luscious, messy squares.

2 Kitchen Scoop

Whether the ginger is called candied or crystallized, it's a delicious addition

to baked goods. Candied ginger is made by cooking pieces of fresh ginger in syrup and letting it dry. It's extremely potent - so just a tiny piece is all you need to get a big hit of spicy ginger flavor. Candied ginger is also a great remedy for an upset tummy! Find it in the spice or baking section of your grocery store!

3 Clever Idea

Canned Pumpkin should be a kitchen staple! It's a wonderful substitute for fat in baked goods that adds a rich, full mouthfeel. Try substituting canned pumpkin for a third of the butter or oil in your favorite cake recipe. You'll get the benefit of fiber and veggies, without sacrificing any flavor!

4 Cheers!

Aurora Pedro - Pedro Ximenez
 Jerez Spain
 About \$17

You may not be familiar with Pedro Ximenez, but if you are a fan of a dessert wines, you need to try this one. This grape is used for sherry to create aromas and flavors of toasted nuts and molasses, and that's just what you'll find when you enjoy a small glass of this rich treat. Perfect for a sweet pumpkin cake like this week's recipe or a sticky toffee pudding!