

Fluvanna County Public Library

Spice of the Month Club

Pumpkin Spice (Spice Blend)

Spice Blend Ingredients: Organic cinnamon, ginger, nutmeg & cloves

(Brand Name: Frontier Pumpkin Pie Spice Organic)



Pumpkin spice does not actually contain pumpkin. The blend of cinnamon, ginger, nutmeg and allspice got its name because it is traditionally used to flavor pumpkin recipes. (Cloves and mace are sometimes included too.)

The origin of pumpkin spice dates back to the Dutch East India Company. Most spices in today's blend are native to Southeast Asian Islands. Some could be found exclusively on a few island groups that are now part of Indonesia. Known as the Spice Islands, their location was a closely guarded secret. The Dutch took control of the Spice Islands in the early 17th century. Those islands became integral to the success of the Dutch East India Company and the spread of those spices. Access to the spices inspired the Dutch to create blends such as speculaaskruiden, which is similar to pumpkin spice but also has cardamom and sometimes white pepper. The popularity of speculaaskruiden in Netherland desserts led to the spices moving across borders.

By 1791, a similar blend called "mixed spices" showed up in *The Practice of Cookery*, written by a Scottish author only known as "Mrs. Frazer." Mrs. Frazer's blend was called "mixed spices," and included nutmeg, clove, and "Jamaica pepper," which is likely allspice – native to the Caribbean, where the British had their own colonies. Mrs. Frazer recommended using her "mixed spices" on fried flounder and mutton chops.

By 1796, the spice blend had made its way to New York, as evidenced by the first known cookbook written by an American, *American Cookery* by Amelia Simmons. It includes a pumpkin pie recipe (she spells it pompkin.) Her spice blend contains mace, nutmeg and ginger.

McCormick, the world's largest spice seller, introduced a spice mix branded as "pumpkin pie spice" to America in 1934. "The original purpose was to flavor pumpkin pie," says Laurie Harrsen, McKormick's senior director of consumer communications. That introduction was a direct response to the invention of pureed canned pumpkin, which canned-food company Libby's had introduced in 1929. Pumpkins could be difficult to prepare and the shelf-stable cans of perfectly smooth puree made pumpkin pie incredibly easy to make.

The American coffee chain Starbucks developed a Pumpkin Spice Latte in January 2003, adding it to a range of seasonal winter drinks. It became Starbucks's most popular seasonal beverage.

Buried beneath the deluge of lattes, limited-edition snack foods and baked goods, the spice Pumpkin Spice has a nutritious foundation. Different pumpkin spice blends may have variations, but the core blend usually includes ground cinnamon, nutmeg, ginger, and allspice. Here are the health benefits of each:

Cinnamon - Rich in cell-protecting antioxidants and unmistakable warmth, cinnamon is the star ingredient of pumpkin spice. There is also some research to support that cinnamon may help diabetics better control blood sugar.

Nutmeg - Another warm fall spice, nutmeg boasts small amounts of fiber, numerous B vitamins, and minerals.

Ginger - The star component of gingerbread, this spicy powder contains important minerals like iron, potassium and zinc. It may also help relieve minor digestive problems.

Allspice - Contrary to what the name suggests, this spice hails from a standalone fruit – a berry that is dried and ground into a fine brown powder. Allspice is used heavily in Jamaican cooking, and its pungent edge plays very nicely with pumpkin.

Pioneer Woman's Pumpkin Spice

- 6 tablespoons ground cinnamon
- 4 tsp. ground ginger
- 4 tsp. ground nutmeg
- 3 tsp. ground allspice
- 3 tsp. ground cloves

Instructions

1. Place all five spices into a deep bowl and use a whisk to blend together.
2. Transfer to a mason jar and store in a dry, dark cabinet for future use.

<https://www.lordbyronskitchen.com/pioneer-womans-homemade-pumpkin-spice/>



Pumpkin Donut Holes (makes about 31 holes)

- 1 ½ cups all-purpose flour
- ¼ cup brown sugar
- 1 ½ tsp. baking powder
- ¼ tsp. salt
- 1 tsp. pumpkin pie spice
- 1 large egg
- ¾ cup pumpkin puree
- 1 tsp. vanilla extract
- ½ cup whole milk
- 2 tablespoons unsalted butter (melted)



Cinnamon Sugar

- ½ cup unsalted butter (melted)
- 1 ½ tsp. ground cinnamon
- 1 ½ cup sugar

Instructions

1. Preheat oven to 375F. Grease mini muffin tin. Set aside.
2. Whisk flour, brown sugar, baking powder, salt and pumpkin pie spice together in medium bowl. Set aside.
3. Beat egg in medium bowl. Add milk, pumpkin puree, and vanilla extract. Whisk until fully combined.
4. Add egg mixture to flour mixture and stir until fully combined. Add melted butter. Stir until combined.
5. Transfer 1 tablespoon of batter to each muffin tin cavity.

6. Bake for 10 minutes or until donut holes bounce back slightly when pressed. Remove from oven and let cool on cooling rack.

Cinnamon Sugar

1. Combine cinnamon and sugar in small bowl. Set aside.
2. Melt butter in small bowl. Set aside.
3. Once donut holes have cooled and are ready to be enjoyed, dip each in melted butter. Shake off excess. Roll in cinnamon sugar.

https://www.letseatcake.com/pumpkin-donut-holes/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=476937628_16798750_110905

Spiced Pumpkin Seeds

- Seeds from 1 pie pumpkin – roughly $\frac{3}{4}$ cup
- 2 tsp. oil
- 1 tsp. Pumpkin pie spice
- 1 tsp. sugar

Instructions

1. Remove seeds from pumpkin.
2. Separate seeds from pulp. This is easiest to do in a colander or wire mesh strainer in the sink under running water.
3. Dry seeds completely with a clean kitchen towel.
4. Toss pumpkin seeds in olive oil, spice, sugar and salt.
5. Preheat oven to 350F. Roast seeds for roughly 10-15 minutes, until golden brown.
6. Pull seeds from the oven, cook, and enjoy.
7. NOTE: This recipe works for any kind of pumpkin or squash.



<https://www.thespicehouse.com/blogs/news/5-ways-to-use-pumpkin-spice>

Pumpkin Spice Honey Butter

- $\frac{1}{2}$ cup butter (1 stick butter) at room temperature
- 3 tablespoons pumpkin puree
- 3 tablespoons honey
- 1 tsp. pumpkin pie spice
- $\frac{1}{2}$ tsp. vanilla

Instructions

1. In a small bowl, combine all ingredients. Whip together until everything is incorporated.
2. Store in the refrigerator in a sealed container.

<https://www.momendeavors.com/pumpkin-spice-honey-butter-recipe/>



Pumpkin Pie Overnight Oats (1 serving)

- ½ cup rolled oats (regular or gluten free)
- ½ cup vanilla unsweetened almond milk (or milk of choice)
- 2 tablespoons pumpkin puree
- 1 tsp. chia seeds
- 2-3 tsp. maple or sweetener of choice
- ½ tsp. cinnamon
- ¼ tsp. pumpkin spice
- ½ tsp. vanilla extract
- Dash of sea salt
- Chopped pecans for garnish (optional)



Instructions

1. Combine all ingredients in a bowl or jar that can be sealed.
2. Stir well to combine. Chill in the refrigerator overnight or at least for 4 hours.
3. Eat these warmed up or cold if you are on the go!
4. NOTE: Add a tablespoon or so of milk before serving if oats are too thick for your liking.

<https://lemonsandzest.com/pumpkin-pie-overnight-oats/>

Pumpkin Spice Smoothie

- ½ cup pumpkin puree – fresh or canned
- 1 banana, frozen
- 1 cup almond milk or other milk of choice
- 1 tablespoon maple syrup – more or less to taste
- ¼ tsp. vanilla
- ½ tsp. pumpkin pie spice
- ½ cup ice



Instructions

1. Puree all ingredients in a blender until smooth. Makes 1 serving of 1 cup.

<https://skinnyms.com/pumpkin-spice-smoothie-6/>

Pumpkin Spice Hot Chocolate (4 servings)

- 3 cups whole milk or half and half
- 1 cup canned pumpkin puree
- 1 – 1 ½ tsp. pumpkin pie spice
- 1 tsp. vanilla extract
- 4 oz. white chocolate bar, chopped

Instructions

1. To a Dutch oven or large saucepan, add milk, pumpkin, spices, and vanilla. Stir and heat over MED-LOW heat. Heat, stirring often, until mixture comes to a simmer.



2. Turn off heat, add white chocolate and stir until chocolate has melted.

To Make with Semi-Sweet Chocolate

1. Prepare as directed, except also add 2-3 tablespoon of granulated sugar to the milk mixture. Instead of adding white chocolate, add 3-4 oz. semi-sweet chocolate.
2. NOTE: To make in the crockpot - Add all ingredients to a slow cooker, stirring to break up the pumpkin. Cover and cook on LOW for 3 hours or HIGH for 1 ½ hours.

<https://www.thechunkychef.com/pumpkin-spice-hot-chocolate/>

Pumpkin Spice Pork Tacos with Chipotle Slaw (4 servings)

Ingredients

For Tacos

- 1 ½ pounds pork cubes (typically the tenderloin)
- 4 tablespoons olive oil
- 1 ½ tsp. pumpkin pie spice
- 1 tsp. cumin
- 1 tsp. garlic powder
- 1 tsp. chipotle powder
- 1 tsp. paprika
- Small flour tortillas
- Salt and pepper to taste
- Cilantro, garnish (optional)

For the Chipotle Slaw

- 1 cup mayonnaise
- ¼ cup fresh lime juice
- 2 tablespoons honey
- 1 tsp. ground cumin
- 1 tsp. chipotle powder
- 1 package coleslaw
- Salt and pepper to taste

Instructions

For Tacos - In a large bowl, combine the 1 tablespoon of olive oil, pork cubes, pumpkin pie spice, cumin, garlic powder, chipotle powder, paprika, salt and pepper. Preheat a skillet to medium-high heat and add the remaining olive oil. Place the pork cubes in the skillet and arrange so they are in an even layer. Cook for about four minutes on the first side, flip, and continue to cook for additional three minutes. Remove from heat and set aside. To serve, place a few pork cubes on a tortilla, top with chipotle slaw and garnish with cilantro.

For the Chipotle Slaw - In a large bowl, combine all ingredients. Place chipotle slaw in the fridge to set for at least 30 minutes before serving to help the flavors combine.

<https://thecuriousplate.com/pumpkin-spice-pork-tacos-with-chipotle-slau/>



Pumpkin Spice Pancakes

- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- ½ tsp. salt
- 2 tsp. pumpkin pie spice
- 1 cup pumpkin puree
- 1 ½ cups milk
- 2 eggs
- 1 tsp. vanilla



Instructions

1. Combine flour, baking powder, baking soda, salt and pumpkin pie spice in a large bowl. Mix together well and make a well in the center. Add eggs, pumpkin puree and vanilla. Stir just until combined.
2. Preheat a griddle (or frying pan) and add batter to the griddle. Heat for 3 minutes on each side or until set.
3. This batter is thick, so you may have to spread it out a little on the griddle when you pour it on.

<https://therebelchick.com/pumpkin-spice-pancakes-recipe/?epik=dj0yJnU9YVF5d0g5YmhBSWYxbEtsN20zTkczLVJMQnZOY2FQRFYmcD0wJm49aG9mN0pTUEdLV0xkVII5RmdVNDdUUSZ0PUFBQUFBRO1PYkVj>

Air Fryer Apple Fries

- 4 Granny Smith apples
- 2 eggs
- 1 tsp. vanilla
- 2 tablespoons of ground cinnamon, divided
- 2 tablespoons of pumpkin pie spice
- ¾ cup of flour
- ¼ cup of sugar



Instructions

1. Peel apples and cut them into 12-16 wedges for each apple.
2. In one shallow bowl, whisk eggs and vanilla together.
3. In a separate small bowl, mix pumpkin spice, ½ tablespoon of cinnamon and flour.
4. Cover the apple wedges in the flour mixture.
5. Then coat the apple wedges in the egg mixture.
6. Next, coat them again in the flour mixture.
7. Place battered apple fries in the air fryer basket and spray with oil.
8. Air fry at 320F for 13 minutes.
9. In a Ziploc bag, add the sugar plus remaining cinnamon and toss the apple fries in the mixture.
10. Serve with warm caramel sauce, whipped cream or vanilla ice cream.

<https://www.troprockin.com/air-fryer-apple-fries/>

Pumpkin Spice Fudge (makes 60 servings)

Ingredients

- 2 cups sugar
- 1 cup brown sugar, packed
- $\frac{3}{4}$ cup butter (no substitutions)
- $\frac{2}{3}$ cup evaporated milk
- $\frac{1}{2}$ cup pumpkin puree
- 1 $\frac{1}{2}$ tsp. pumpkin pie spice
- 12 oz. package white chocolate chips
- 7 oz. jar marshmallow cream
- 1 cup chopped pecans or macadamia nuts
- 1 $\frac{1}{2}$ tsp. vanilla extract



Instructions

1. Butter a 9 x 13 baking dish
2. Combine the first 6 ingredients in a heavy saucepan. Cook over medium heat until the sugars dissolve, then continue cooking until the mixture begins to boil, stirring constantly.
3. Boil until a candy thermometer reaches the soft-ball stage (234-243 degrees). The total boiling time is around 30 minutes.
4. Remove from heat, stir in the white chips until they are all melted and the mixture is smooth.
5. Add the remaining ingredients, mix well.
6. Pour into prepared pan and cool to room temperature.
7. Cut into squares, store refrigerated in an air-tight container.

<https://www.justapinch.com/recipes/dessert/candy/pumpkin-spice-fudge.html>

Pumpkin Dinner Rolls

- 1 cup warm milk
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ tsp. salt
- 1 package Red Star Platinum Superior Baking Yeast (instant yeast)
- $\frac{1}{2}$ cup pumpkin puree
- $\frac{1}{2}$ cup butter, softened
- 2 $\frac{1}{2}$ tsp. pumpkin pie spice
- 2 tsp. cinnamon
- 2 tsp. vanilla
- 4 $\frac{1}{2}$ cups all-purpose flour

Instructions

1. Warm the milk in a bowl in the microwave for just about 1 minute until it is warm. Pour it into a large bowl.



2. Add in the sugar and salt, then stir the mixture. Allow it to sit until it is warm, but not too hot (if you have a thermometer, it should measure about 105-110 degrees in order to activate the yeast). Add 1 package of instant yeast right to this milk.
3. Add the softened (almost melted) butter, pumpkin, pumpkin pie spice, cinnamon and vanilla. Stir this well until it is all blended.
4. Gradually add in the flour, 1 cup at a time. Add in the last ½ cup and start to knead the dough with your hands until the last ½ cup of flour is incorporated. Turn the dough out onto a floured surface and continue to knead the bread for about 7 minutes until it is smooth and elastic. Add a bit more flour as you need to during kneading. The dough should still feel sticky, but it will not stick to your hands.
5. Place this dough in a greased bowl and cover it. Allow the dough to rise in a warm place until it has doubled, about 30 minutes.
6. Split the dough into 15 balls. You may have more or less depending on the size you make the rolls.
7. Place in a greased 9x13 pan. Cover and rise in a warm place for 15-20 minutes.
8. Bake at 375F for 18-20 minutes or until lightly browned.

<https://www.tastesoflizzyt.com/pumpkin-dinner-rolls/>

Pumpkin Pie Spiced Sweet Potatoes

- 4 medium sweet potatoes, washed and cut in bite-size pieces
- ¼ cup apple juice (or water)
- 2 tablespoons butter (or coconut oil to make this dairy free), melted
- 2 tablespoons coconut sugar or brown sugar
- 4 tsp. pumpkin pie spice

Instructions

1. Preheat the oven to 350F.
2. Spread the sweet potato pieces in a casserole dish
3. In a small bowl, combine apple juice, melted butter or oil, sugar and spices.
4. Drizzle spice mixture over the sweet potato. Toss to ensure the sweet potatoes are thoroughly coated.
5. Cook at 350F for 1 hours or until fork tender.

<https://premeditatedleftovers.com/recipes-cooking-tips/pumpkin-pie-spiced-sweet-potatoes/>

Resources

The Complete Autumn & Winter Cookbook by America's Test Kitchen – 641.564 AME

Essential Spices and Herbs by Christina Nichol – 641.6383 NIC

Fall Shakes to Harvest Bakes by LaPenta – J 641.5 F/LAP

Sally's Cookie Addiction by McKenney – 641.8654 MCK

The Science of Spice by Stuart Farrimond – 641.3383 FAR

Spiced by America's Test Kitchen – 641.6383 AME



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