

Pumpkin Cloverleaf Rolls

Makes 1 dozen rolls

Ingredients:

- 6 Tablespoons butter, melted and divided
- 2 teaspoons active dry yeast
- 1/3 cup warm milk
- 1 Tablespoon honey or sugar
- 2 3/4 cups all-purpose flour
- 1 1/2 teaspoons salt
- 1/3 cup mashed pumpkin or squash*
- 2 eggs
- 1 Tablespoon water



Directions:

1. Stir together yeast, warm milk, and honey in a large bowl. Let stand until foamy, about 5 minutes.
2. Mix flour, pumpkin, 1 egg, and 5 tablespoons butter into yeast mixture with a wooden spoon or mixer until a soft dough forms. Turn dough onto a floured surface and knead. Add enough additional flour to keep dough from sticking.
3. Put dough in a large oiled bowl. Turn dough to coat. Cover dough with plastic wrap. Allow to rise in a draft-free place at warm temperature until doubled, 1 1/2 to 2 hours.
4. Punch dough down and divide in half. Divide each half into 6 equal pieces. Divide each piece into thirds to make cloverleaf.
5. Grease muffin tins with 1 tablespoon butter. Place cloverleaves into muffin tin. Allow dough to rise to about 1 inch about rim of muffin cups, 1 to 1 1/2 hours.
6. Preheat oven to 375°F.
7. Whisk remaining egg and 1 tablespoon water together. Brush tops of rolls. Bake until golden brown, about 20 minutes. Remove from pans and place on a wire rack to cool.

***Squash:** most winter squash (acorn, butternut) and pumpkins will work with this recipe.

Testing yeast - Beginning bakers sometimes accidentally kill the yeast by using liquid that is too hot. Liquid for yeast should be between the 105 - 115°F. If the liquid is comfortable to insides of your wrist, it should be okay to use.

Sensational Squash

Interesting Facts

“Squash”, one of the oldest known crops, comes from the Narragansett Native American word askutasquash, which means “eaten raw or uncooked.”

Did you know that every part of the squash plant can be eaten, including the flowers, leaves and tender shoots, which can be cooked in soups or omelets.

Qualities to look for when choosing a winter squash:

- ▶ Skin that is easily nicked or scraped with a fingernail means that the squash did not reach maturity.
- ▶ Choose one that has a deep color and is heavy for its size.
- ▶ Stem should be firm, rounded, and dry. Squash with no stem permits bacteria to enter. Winter squash has a long shelf life and if kept in a cool, dry place between 55 and 60° F, will store for up to 3 months. Cooked, pureed squash can be frozen and used later for soups, sauces, or stews.

Squash varieties come in many different shapes, sizes, and colors and each has it's own distinctive flavor, flesh color and texture. Choose a size based on your cooking needs and delight your palate with their many taste sensations.

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the non-discrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture

Parmesan Squash Cakes

Serves 4.

Ingredients:

- 2 cups shredded seeded summer squash
about 1 pound
- 1 teaspoon salt
- 1 large egg
- 2/3 cup finely chopped shallots or red onion
- 1 Tablespoon parsley or basil
- 1/4 teaspoon black pepper
- 1/2 cup grated Parmesan or sharp Cheddar
cheese
- 1 Tablespoon olive oil

Directions:

1. Combine grated squash and 1 teaspoon salt. Allow to sit for 30 minutes. Rinse and drain. Dry to remove excess water.
2. Combine squash, egg, shallot or onion, parsley or basil, black pepper and cheese.
3. Heat oil in a large nonstick skillet over medium heat.
4. Divide mixture into fourths. Place 1/4 in skillet and pat down to make a 3-inch cake. Repeat with remaining mixture.
5. Cook 3 to 4 minutes until browned and crispy on the bottom. Turn over and cook 2 to 3 minutes until done.

Contributors include Alice Henneman, University of Nebraska–Lincoln Extension in Lancaster County

Billene Nemec, Buy Fresh, Buy Local Nebraska, University of Nebraska–Lincoln

Sautéed Apples

Serves 8.

Ingredients:

- 3 Tablespoons butter or margarine
- 6 cups sliced Granny Smith apples, about 2
pounds, peel if desired
- 1/2 cup packed brown sugar
- 1/4 teaspoon cinnamon

Directions:

1. Melt butter in a large skillet over medium-high heat. Add apples. Cook for about 5 minutes or until apples are slightly tender. Stir occasionally.
2. Stir in sugar and cinnamon. Cook until sugar melts, about 1 minute.

Serve as a side dish or top with ice cream or frozen yogurt and serve as a dessert.



CONTACT:

Dr. Georgia Jones
Extension Food Specialist
Department of Nutrition & Health Sciences
University of Nebraska–Lincoln
Lincoln, NE 68583-0808
402/472-3225
FAX: 402/472-1587
Email: gjones2@unl.edu

Resources:

www.buylocalnebraska.org



FALL COOKING

In Partnership with:

University of Nebraska–Lincoln Extension
Buy Fresh Buy Local Nebraska
Nebraska Local Foods Network
Nebraska Cooperative Development Center

