

Anna Sheldon Hopkins passed away peacefully in her home at the age of 84 on November 2, 2006. To honor her memory and her wonderful cooking, we will continue to enclose bulletins from the past. We hope you will continue to enjoy reading, cooking, and eating these great recipes.

SHELDON GAS BULLETIN

NOVEMBER 2017

November is the beginning of the holiday season. This also happens to be the season for apples and pumpkins. Here are some great recipes for these wonderful foods in season.

PUMPKIN WALNUT FLAPJACKS

1 ¼ cups buttermilk
¾ cup canned pure pumpkin
4 large eggs separated and room temperature
¼ cup sugar
¾ tsp. vanilla extract
¼ cup (½ stick) butter, melted
1 ⅓ cups flour
1 ¾ tsp. pumpkin pie spice
1 tsp. baking soda
1 tsp. baking powder
½ tsp. salt
Vegetable oil or butter
½ cup finely chopped walnuts
Syrup, warmed

Whisk buttermilk, pumpkin, egg yolks, sugar, and vanilla in a medium bowl to blend; whisk in melted butter. Whisk flour, pumpkin pie spice, baking soda, baking powder, and salt in a large bowl to blend. Add dry ingredients to buttermilk mixture and whisk to combine.

Using electric mixer beat egg whites in medium bowl until they form large peaks. Fold whites into batter.

Lightly oil or butter heavy large skillet set over medium heat. Working in batches, pour batter by ⅓ cupfuls onto skillet; cook until bubbles form on top, about 1.5 minutes. Turn flapjacks over and cook until second sides brown, about 1 minute. Transfer flapjacks to plates. Sprinkle with nuts and serve with warm syrup.

SPICED APPLE CIDER

1 large orange
4 qt. apple cider
¼ cup packed golden brown sugar
2 tbs. fresh lemon juice
15 whole cloves
10 whole allspice
8 whole green cardamom pods, crushed OR
1 tsp. cardamom powder
5 cinnamon sticks, each broken in half

Remove orange peel with vegetable peeler, in strips. Place strips in a large heavy pot (reserve orange for other use.) Add cider, golden brown sugar, fresh lemon juice, cloves, allspice, cardamom pods, and cinnamon sticks to pot. Bring to a boil, stirring until sugar dissolves. Reduce heat to medium low; simmer until cider mixture is reduced to generous 8 cups, about 40 minutes. Strain cider into medium pot. (Can be made 1 day ahead; cool slightly. Refrigerate until cold, then cover and keep refrigerated.) Re-warm when ready to serve, ladle into mugs.



CRANBERRY – WALNUT PUMPKIN BREAD

Any recipe calling for nuts gives you a choice of which to use; walnut, pecans, almonds, peanuts, or cashews. It is always better if you toast them.

2 cups all purpose flour
2 tsp. pumpkin pie spice
1 tsp. baking powder
¾ tsp. salt
½ tsp. baking soda
6 tbs. (¾ stick) unsalted butter, room temperature
1 cup plus 1 tbs. sugar
2 large eggs
1 cup canned pure pumpkin
1 tsp. vanilla extract
⅔ cup buttermilk
½ cup dried sweetened cranberries
½ cup coarsely chopped walnuts

Preheat oven to 350°, butter 9 ¼" X 5 ¼" X 3" loaf pan; Line bottom and 2 long sides with wax paper. Whisk flour, pumpkin pie spice, baking powder, salt, and baking soda in a medium bowl to blend. Using electric mixer, beat butter in large bowl until fluffy. Gradually add 1 cup sugar, beating until blended. Beat in eggs, 1 at a time. Beat in pumpkin, then vanilla. Beat in dry ingredients alternately with buttermilk in 2 additions each. Fold in cranberries and nuts. Transfer batter to pan. Sprinkle with 1 tablespoon sugar.

Bake bread until tester inserted into center comes out clean, about 1 hour 10 minutes. Cool bread in pan on rack; 15 minutes. Cut around bread at short ends to loosen from pan. Turn bread out onto rack; peel off wax paper. Cool bread completely. (Can be made up to 2 days ahead, wrap and store at room temperature).



ANNA SHELDON HOPKINS