

Thompson Hospitality Pumpkin Soup

Makes: 12 | Serving Size: 1 cup (8 fl oz)



INGREDIENTS

5 lb fresh pumpkin
½ spanish onion
2 garlic cloves
½ apple
½ orange

¼ fresh fennel
1 oz ginger root
2 cinnamon stick
6-star anise
⅛ tsp ground nutmeg

6 cardamom pods
6 whole cloves
1 tbsp kosher salt
3 cups water
1 tbsp chicken base
2 lemons

DIRECTIONS

Preheat oven to 350°F.

Cut off the top of the pumpkin and scoop out the seeds and pulp (save seeds for roasting, if desired).

Place all ingredients—except the lemon—inside the pumpkin. Set the pumpkin in a baking dish and replace the lid.

Bake for 1 hour 45 minutes to 2 hours, until the flesh is tender.

Remove from oven and let cool slightly.

Pour contents through a strainer, reserving the liquid and discarding solids.

Separate the cooked pumpkin flesh from the skin.

Blend the pumpkin flesh with the reserved liquid until smooth.

Stir in the juice of one lemon and adjust seasoning to taste.

Amount per serving: **Calories 57**, **Total Fat** 1g, Sat. Fat 0g, **Sodium** 663mg, **Total Carbs.** 13g, Fiber 2g, **Protein** 2g

Thompson Hospitality Cran-Pumpkin Muffins

Makes: 12 | Serving Size: 1 cup (8 fl oz)



INGREDIENTS

½ cup pure maple syrup
2 eggs
1 cup canned pumpkin
¼ cup unsweetened almond milk

2 tsp pumpkin pie spice
1 tsp baking soda
1 tsp vanilla extract
½ tsp kosher salt

1 ¾ cup whole wheat flour
6 tbsp quick oats
6 tbsp dried cranberries
6 tbsp coconut oil

DIRECTIONS

Preheat oven to 325°F. Lightly oil a 12-cup muffin pan or use a non-stick one.

Melt coconut oil, then whisk it with maple syrup in a bowl.

Add eggs and whisk until combined.

Mix in pumpkin purée, almond milk, spices, baking soda, vanilla, and salt.

Gently fold in whole wheat flour, oats, and dried cranberries—do not overmix.

Divide batter evenly among muffin cups (about 3–4 oz each) and sprinkle with remaining oats.

Bake 22–25 minutes, until a toothpick comes out clean.

Cool in the pan on a rack before removing muffins.

Amount per serving: **Calories 189**, **Total Fat** 8g, Sat. Fat 5g, **Sodium** 200 mg, **Total Carbs.** 28g, Fiber 3g, **Protein** 4g

Chef Chris' Tips on Pumpkin Seeds



- Preheat oven to 350 degrees F.
- Remove the seeds from the pulp, you don't have to be too meticulous, the next step will assist in removing more pulp
- Place the seeds into a bowl and cover them with enough water so that the seeds can float and the pulp can sink to the bottom of the bowl
- Agitate the seeds to remove pulp
- Skim the seeds from the top of the water and discard the pulp and water
- Place the seeds into a small sauce pot and over with water by 1" and add enough salt so that the water has the salinity level of fresh sea water and bring to a simmer
- Allow to simmer for 10 minutes
- Drain the seeds and lay them out in a single later onto dry paper towels
- Cover with more dry paper towels and press the seeds to remove as much moisture from the exterior of them as possible
- In a bowl, toss the seeds with enough olive oil to lightly coat, along with your favorite spice mix (i.e.: barbecue, pumpkin pie spice, tain, old bay seasoning, etc.)
- Lay the seeds out in a single layer onto a baking sheet and place into the oven
- After 10 minutes, remove from the oven and stir the seed on the baking sheet and place them back into the oven, repeat this one more time
- Remove the seeds after a total of 30 minutes and allow to cool (they become crunchier once they are room temperature)
- Store in an air-tight container for up to 60 days