

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



**HAPPY
THANKSGIVING!**

1 Quick Recipe: Rich Pumpkin Taste with Spicy Ginger and Luscious Cream Cheese!

Relax and Bask in the Compliments!

Pumpkin Pecan Ginger Cake

15 Ounces Canned Pumpkin (1 Can)
2 Large Eggs
4 Large Egg Whites
¾ Cup Canola Oil
2 Tsp Vanilla
1 ¼ Cups All Purpose Flour
¾ Cup Whole Wheat Flour
1 ½ Cups Dark Brown Sugar
1 Tsp Ground Ginger
½ Tsp 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.

Step Two In another bowl, whisk together the dry ingredients, and then stir into pumpkin mixture. Fold in 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 topping.

Step Three In the bowl of a standing mixer, whip together the cream cheese and ginger, sift in the powdered sugar. Refrigerate the frosting until the brownies are completely cool. Sprinkle with the candied ginger before cutting into 24 luscious squares.

2 Kitchen Smidgen

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 Get Creative

Canned Pumpkin is a kitchen staple in my pantry - it's a wonderful substitute for fat in baked goods that adds a rich, full mouth-feel. Try substituting canned pumpkin for 1/2 of the fat in your favorite cake recipe. You'll get the benefit of fiber and veggies, without sacrificing any flavor!

4 WINE of the Week

Louis Bouillot Cremant de Bourgogne

Burgundy, France
About \$18.00 at Total Wine

Here's a delicious sparkler from France's Burgundy region that you can enjoy as an aperitif all the way through the pumpkin cake dessert. Made with the Chardonnay grape it's easy to enjoy apple and pear aromas and flavors as well as lovely crisp fruity and full finish.