



Left-over Halloween Pumpkins:

Stand pumpkin upright and cut down the middle. Halves should be able to fit on a baking sheet. Place one half pumpkin, or two if they fit, cut side down on the baking sheet. You may sprinkle a little water on the sheet first. Bake at 350°F for 30-60 minutes, depending on the size. When done, the skin darkens and the pumpkin begins to collapse. Check for softness with a fork or knife. It will collapse easily if done. Remove from oven, cool about 20 minutes. Scoop pumpkin flesh

away from skin. Discard skin then puree in food processor. Use this pumpkin puree to make muffins or add to your oatmeal

Toasted Pumpkin Seeds

1 1/2 cups Pumpkin Seeds

2 tsp. Extra Virgin Olive Oil

finger pinch Kosher or Sea Salt

Options to Taste:

Garlic Powder

Cayenne Pepper

Seasoning Salt

Cajun Seasoning Blend

Preheat oven to 300°F. While it's fine to leave some strings and pulp on your seeds (it adds flavor), clean off any major chunks. Toss pumpkin seeds in a bowl with oil and

seasonings of your choice. Pumpkin seed purists will want only salt as a seasoning, but, if you're feeling adventurous, experiment and have fun with seasoning blends. Spread pumpkin seeds in a single on baking sheet and bake for about 45 minutes, until golden brown, stirring occasionally.



Cooking a Turkey:

* Turkeys range in weight from the 6- to 8-pound category to as large as 26 pounds. Very small and super-big are not better. Best to go with a basic 12- to 16-pound turkey.

* Trussing: The point of tying string around a turkey is to make the bird "round," no wings sticking out. This prevents burning of exposed areas. Twist the wing tips, which will burn first, under themselves, using some force. Run a strand of string under the turkey's body and up each side, catching the wing tips under the string. Continue the string over to the drumsticks, catching them and the fatty tail flap; tie tightly.

* Turkey lifter: This major help comes in two styles. One resembles an L-shaped metal prong. The prong goes right up the turkey's cavity while a handle remains in your hand. All you do it lift. If you've stuffed the turkey, get the type that looks like snow chains, lies under the bird, and acts like a sling. Either device ends burned hands, greasy potholders and lost drumsticks.

* Instant-read thermometer: This is your most important tool. With this, you don't need a roasting chart or a clock. Read the facts on the dial. There will be no question about the internal temperature of your meat. If you don't have one, get one!

