

## Great pumpkin eats

These recipes give you something to do after you've carved your jack-o'-lantern.

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The pumpkin is the perfect food for capturing the taste and smells of fall.

It's healthy -- rich in vitamin A, potassium, virtually fat-free -- and ripe for the picking. Just don't wait too long. The season ends this month.

To get in the fall mood, INtake called on a few culinary experts in Indianapolis to share some ideas for cooking with these gorgeous gourds.

### PUMPKIN POT DE CRÈME

This seasonal dish at **Taste Café and Marketplace**, 5164 N. College Ave., is a very smooth, light and custard-like dessert, similar to pumpkin pudding.

#### Ingredients:

2 1/2 cups heavy cream  
3/4 cup granulated sugar  
6 large egg yolks  
8 ounces pumpkin purée  
1/2 teaspoon cinnamon

**Preparation:** Heat oven to 325 degrees. Bring cream and sugar to a simmer. In a separate bowl, whisk together egg yolks and purée. Slowly pour warm cream and sugar into the yolks and purée, while whisking. Pour mixture into 8-ounce baking dishes. Cook in water bath\* for 40 minutes. Garnish with baked pumpkin seeds and a sprig of mint.

\*Water bath: A cooking process used to prevent eggs from curdling. Place filled ramekins in a deep baking dish. Fill baking dish with water half as deep as the ramekins. Cover baking dish with a pan or foil. Leave a small space open for steam to escape.

### COOKING WITH FRESH PUMPKINS

To prepare fresh pumpkin purée, first choose smaller varieties. Preheat oven to 350, split pumpkin in half and remove seeds. Cut pumpkin in halves; bake cut-side down on baking sheet for about an hour. Scoop the soft flesh out from the shell and purée for recipes.