

Halloween is deadline for cookbook contest

The Independent & Free Press and Company's Coming's cookbook contest entry deadline is 4 p.m. Wednesday, Oct. 31. To win your copy, circle the correct answer for the trivia questions printed in last Friday's edition and return to *The Independent & Free*

Press office in the Georgetown Market Place Mall; mail to Cookbook Contest, 280 Guelph St., Unit 29, Georgetown, Ontario, L7G 4B1; fax to 905-873-0398 or e-mail to cgamble@independentfreepress.com. Eight winners will be randomly chosen.

Pumpkins are misunderstood

Those pumpkins that everyone will be carving up this weekend are a little understood and underused vegetable in the world market.

Pumpkins, which are a large round, ribbed vegetable fruit, typically orange in colour have been around for a very long time, but surprisingly, they have never played a large part in the diet of any country.

The name pumpkin is thought to derive from an old French word "pompon", which in turn comes from the classical Greek word "pepon" — a name which also applied to melon.

Pumpkins are eaten when fully ripened. They can grow to quite a large size and are often found at fall fairs in the "who can grow the biggest one" contest. The unconfirmed record-holder is from New York, claiming a pumpkin weighing in at 268 pounds.

Pumpkins have a fibrous flesh and a unique flavour that is not for everyone. The flesh can be used for both sweet and savory dishes, and although many countries have traditional recipes involving the use of pumpkin, it has never been a staple of any diet.

There is an Argentinian method

What's cookin'?

Lori and Gerry Kentner



of cooking meat which involves stewing it in a hollowed-out pumpkin and then using the flesh to thicken the stew.

The French use pumpkin for making soup and sometimes bread. Originally pumpkin was used as a cheap way to "extend" the wheat in bread, however now a premium is paid for this type of bread.

The Spanish use pumpkin in an interesting angel hair pasta dish. North Americans, as we know, use pumpkin pie as a traditional dessert at Thanksgiving. In Cyprus, pasties stuffed with pumpkin and crushed wheat (called kolokotes) are popular in winter.

Pumpkin seeds, roasted, fried or salted are a popular snack in many countries.

Have fun and keep cooking!

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Halloween Sugar Cookies

Ingredients

- 3/4 cup butter
- 1 cup white sugar
- 2 eggs
- 1 tsp vanilla
- 2 1/2 cups flour
- 1 tsp baking powder
- 1/2 tsp salt
- yellow and red food colouring

Method

1. Preheat oven to 375 F. degrees.

2. Cream the butter and sugar together until light and fluffy. Add the eggs and vanilla. Mix well. Add a bit of yellow and red food colouring until you obtain the desired "pumpkin" colour.

3. In a separate bowl, sift together the flour, the baking powder and salt.

4. Slowly add the dry ingredi-



ents to the wet. Knead until it has formed a ball.

5. Roll out dough on a lightly floured surface until approximately 1/4 inch thick.

6. Cut into desired pumpkin (or other Halloween) shapes. Transfer shapes to baking sheet.

7. Bake for 8-10 minutes until cookies are golden and firm to the touch. Remove from the oven and transfer cookies onto a rack to cool.

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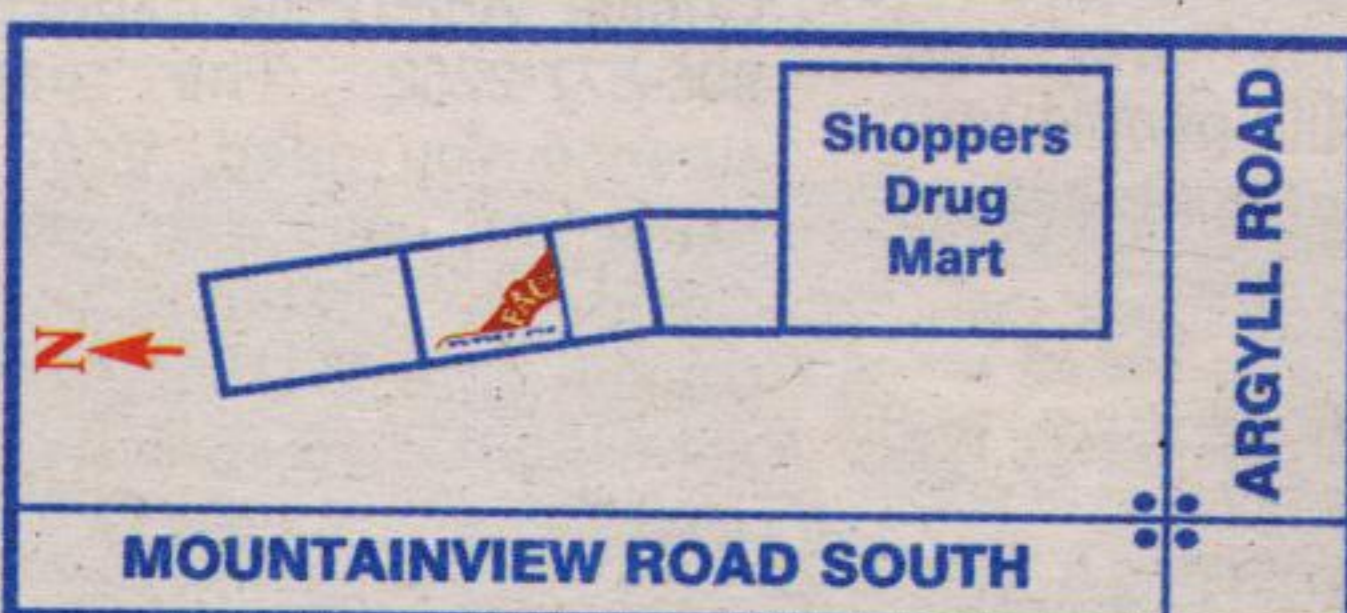
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