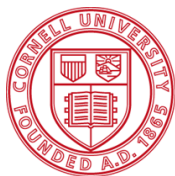




2019

HARVEST FOOD FESTIVAL RECIPE BOOK

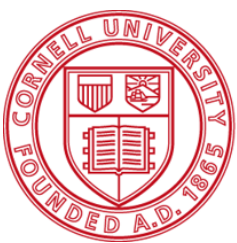


Cornell University
Cooperative Extension
Dutchess County

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BRUNCH



Cornell University
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From the kitchen of... Benjamin & Amelia Coon

Apple Cinnamon Pancakes

Ingredients...

- 1 egg
- 1 tbs sugar
- 1/2 tsp salt
- 1/4 - 1/2 tsp cinnamon
- 1/2 - 3/4 milk (depending on pancake thickness preference)
- 1 cup flour
- 1 tbs baking powder
- 1 cup applesauce (homemade best)
- 2 tbs oil

Steps....

- Preheat hotplate 300 - 350 degrees F
- Beat egg then add in remaining ingredients, mix well together
- Pour from bowl or pour in bottle
- Pour circles onto hot griddle plate
- Wait for circles to form bubbles then flip
- Cook another minute or so until golden brown
- Remove from heat and serve with butter or syrup
- Repeat steps #4 - 7 until batter is gone

From the kitchen of... James Hegarty

Apple Waffles

Ingredients...

- 2 cups pancake mix
- 2 tbs cooking oil
- 1 1/2 - 2 cups milk
- 1/2 cup chopped apples
- 2 beaten eggs

Steps....

- Mix flour and water, fold in beaten eggs and oil
- Pour 2/3 cup of batter onto hot waffle iron
- Bake for 4 - 5 minutes
- Enjoy with maple syrup

From the kitchen of... Lily White

Gluten Free Pumpkin Muffins

Ingredients...

-1 3/4 cups GF flour	-2 large eggs	-3/4 cup brown sugar
-1/4 cup granulated sugar	-1 cup pumpkin	-3/4 cup melted butter
-1 tsp vanilla	-1 tsp baking powder	-1 tsp baking soda
-1/2 tsp salt	-2 tsp pumpkin pie spice	-1 cup chocolate chips

Steps...

- Preheat oven to 425 degrees F. Line muffin pan with paper liners
- In large bowl whisk egg, brown sugar, granulated sugar, pumpkin, butter and vanilla until combined
- Combine GF flour, baking powder, baking soda, salt and pumpkin pie spice in a bowl. Whisk dry ingredients into wet ingredients
- Add chocolate chips
- Fill muffin cups, almost overflowing - garnish with chocolate chips
- Bake for 5 minutes then reduce to 350 degrees F for 15 - 18 minutes

From the kitchen of... Sabine Terranova

Mini Blueberry Muffins

Ingredients...

-2 cups all purpose flour	-2 tsp baking powder	-1 cup unsalted butter (soft)
-1 cup granulated sugar	-2 eggs	-1 tsp vanilla extract
-1/2 cup milk	-1 1/2 cups frozen blueberries	
-Zest of 1 lemon		

Steps...

- Preheat the oven to 375 degrees F. Grease a 24 count mini muffin pan.
- In a bowl, combine the flour and baking powder.
- Using a stand mixer or hand mixer, beat the butter and sugar together until light and creamy.
- Add the eggs one at a time and mix well. Scrape down the sides of the bowl with a spatula.
- Add the vanilla and flour mixture, mix on low speed until combined.
- Add the milk. Mix until the batter is smooth.
- Add the blueberries coated with lemon zest.

From the kitchen of... Dori Weber

Lavish Radish Soup

Ingredients...

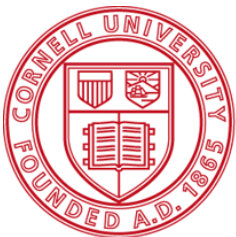
- | | | |
|---------------------------------|-----------|-----------|
| -chicken broth | -celery | -radishes |
| -carrots | -onion | -cilantro |
| -Brussel sprouts | -Rosemary | -tortilla |
| -Bread and garlic salt optional | | |

Steps....

- Bake Brussel sprouts
- In blender mix chicken broth, radishes, onion and rosemary
- Use blended ingredients and heat up with carrots, cilantro, tortilla and celery
- Bread and garlic salt optional



SNACKS



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From the kitchen of... Mason Kochem

Fruit and Cheese Kabobs

Ingredients...

- | | | |
|---------------|---------|-----------|
| -Strawberries | -Grapes | -Cheese |
| -Yogurt | -Honey | -Cinnamon |
| -Sour cream | | |

Steps....

- Put the fruit and cheese on the skewers
- For dip mix the yogurt, honey, cinnamon and sour cream

From the kitchen of... Elizabeth Schaefer

Elizabeth's Easy Granola

Ingredients...

- | | |
|----------------------|-----------------------|
| -3 cups oats | -1/2 tsp cinnamon |
| -1/2 tsp salt | -1/2 cup oil |
| -1/2 cup maple syrup | -1 cup sliced almonds |
| -1 cup raisins | |

Steps....

- Heat oven to 300 degrees F and line baking sheet with parchment paper
- Mix 3 cups oats, 1/2 tsp cinnamon, 1/2 tsp salt
- Add 1/2 cup oil and 1/2 cup maple syrup, mix well
- Spread on baking sheet
- Bake 10 minutes and stir, bake 10 minutes more
- Let cool and add raisins and almonds
- Store in air tight container for up to 1 month

From the kitchen of... Sterling Terranova

Granola

Ingredients...

-4 cups oats	-1 1/2 cups nuts/seeds	-1 tsp salt
-1/2 tsp cinnamon	-1/2 cup olive oil	-1/2 cup honey
-1 tsp vanilla	-2/3 cup dried fruit	

Steps....

- Heat oven to 350 degrees F, line baking tray with parchment paper
- Mix oats, nuts/seeds, salt and cinnamon
- Add oil, honey and vanilla. Mix well
- Spread on pan evenly
- Bake 20 - 24 minutes, stirring partway through
- Cool completely and then break into chunks
- Add dried fruit

From the kitchen of... Violet Bliss

Better than Store Bought Granola Bars

Ingredients...

-2 1/2 cups old fashioned rolled oats	-1/2 cup unsweetened coconut flakes
-1/2 cup coarsely chopped almonds	-1/4 cup unsalted butter
-1/4 cup peanut butter	-1/3 cup honey
-1/4 cup packed brown sugar	-1/4 cup dried cranberries
-1/4 cup sunflower seeds	-1/4 cup mini chocolate chips

Steps....

- Heat oven to 350 degrees F. Place oats, coconut and almonds on a baking sheet and toast for about 10 minutes, stirring occasionally.
- Combine butter, peanut butter, honey and brown sugar in a small saucepan over medium heat. Stir these ingredients until the butter melts and the sugar is dissolved.
- Stir your oats mixture and honey mixture together in a large bowl. Next gently mix in cranberries, sunflower seeds and chocolate chips.
- Press mixture into a parchment paper lined 8"x11" or 9"x9" pan. Refrigerate for at least two hours.
- Remove from refrigerator, cut into bars, and wrap with plastic wrap.

From the kitchen of... Roniah Bucci

Chunky Applesauce

Ingredients...

-5 apples
-1/4 cup white sugar
-1/2 cup water
-1/2 tsp cinnamon

Steps....

- Peel apples and remove core
- Cut apples into chunks and put in pot
- Add 1/2 cup of water, 1/4 cup of white sugar and 1/2 tsp cinnamon to apples
- Mix all together and place lid on pot
- Cook over medium heat for 15 - 20 minutes or until apples are soft
- Let apples cool
- Once cool, use a masher to crush apples (some chunks will be present)
- Serve and enjoy

From the kitchen of... Elizabeth Mashburn

Pom Pom Cheese Ball

Ingredients...

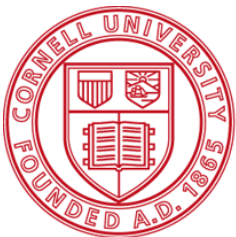
-8 oz cream cheese
-2 crushed garlic cloves
-2 pinches of salt
-4 oz shredded white cheddar cheese
-4oz goat cheese
-3 tbs rosemary
-1 large pomegranate

Steps....

- In a bowl add all ingredients except for the pomegranate.
- Mix and stir all cheeses, rosemary, salt and garlic.
- Put on wrap and make into ball and put in fridge for 1 hour so it's not soft.
- Peel pomegranate arils and lay flat on plate to dry out
- Roll cheese ball pressing pomegranates into the cheese till it's covered.



MAIN COURSES



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From the kitchen of... Nathan Cirrone

Pizza

Ingredients...

- Pizza dough
- 1/2 cup tomato sauce
- 2 cups shredded cheese
- Pepperoni

Steps....

- Preheat oven to 400 degrees F
- Stretch pizza dough on pizza pan
- Spread 1/2 cup tomato sauce on top of dough
- Spread 2 cups cheddar cheese
- Top with pepperoni
- Bake in the oven for about 17—20 minutes or until brown on bottom

From the kitchen of... Emilie Schaefer

Emilie's Taco Tuesday

Ingredients...

- 1 tbs chili powder
- 1/4 tsp garlic powder
- 1/4 tsp crushed red pepper
- 1 1/2 tsp cumin
- 1 lb ground beef
- Shredded NYS cheddar cheese
- Onion
- Sour cream
- 1 tsp black pepper
- 1/4 tsp onion powder
- 1/2 tsp paprika
- 1 tsp salt
- Crunchy taco shells
- Lettuce
- Tomato

Steps....

- Brown ground beef
- Combine spices to make taco seasoning
- Mix taco seasoning and ground beef
- Put meat into taco shells
- Add lettuce, tomato and onion
- Sprinkle with NYS cheddar cheese
- Top with 1 tbs of sour cream. Enjoy!

From the kitchen of.... Jackson Crisp

Chicken Parmesan

Ingredients...

- 1 medium onion, chopped
- 2 garlic cloves minced
- 2 bay leaves
- Italian seasoning
- 1/2 bunch fresh basil leaves
- 2 28oz cans whole peeled tomatoes, drained & crushed
- Pinch of sugar
- Kosher salt
- 1 tbs water
- 1/2 cup all purpose flour
- 2 large eggs, lightly beaten
- 8 oz fresh buffalo mozzarella, water drained
- 1 cup panko bread crumbs
- 1 cup freshly grated Parmesan
- 1 1/2 lbs skinless boneless chicken breasts - 1/4 cup + 3 tbs extra-virgin olive oil

Steps....

Coat a sauté pan with olive oil and place over medium heat. When the oil gets hazy, add the onions, garlic and bay leaves. Cook and stir for 5 minutes until fragrant and soft. Add some hand-torn basil. Carefully add the tomatoes, cook and stir until the liquid is cooked down and the sauce is thick, about 15 minutes. Season with sugar, salt and pepper. Lower the heat, cover and keep warm.

Preheat the oven to 450 degrees F. Get the ingredients together for the chicken so you have a little assembly line. Put the chicken breasts side by side on a cutting board and lay a piece of plastic wrap over them. Pound the chicken breasts with a flat metal mallet until they are about 1/2" thick. Put the flour in a shallow platter and season with a fair amount of salt and pepper. Mix with a fork to distribute evenly. In a wide bowl, combine the eggs and water, beat until frothy. Put the bread crumbs on a plate, season with salt and pepper.

Heat 3 tbs of olive oil over medium-high flame in a large oven-proof skillet. Lightly dredge both sides of the chicken cutlets in the seasoned flour, and dip them in the egg wash to coat completely letting the excess drop off, then dredge in the bread crumbs. When the oil is nice and hot, add the cutlets and fry for 4 minutes on each side until golden and crusty turning once.

Ladle the tomato-olive sauce over the chicken and sprinkle with mozzarella, parmesan and basil. Bake the chicken parmesan for 15 minutes or until cheese is bubble. Serve with hot spaghetti.

From the kitchen of... Abigail Roger

Lasagna Roll Ups

Ingredients...

Sauce:

-1/2 tsp lemon juice	-6 medium roma tomatoes	-1 small onion
-1 small carrot	-2 tbs tomato paste	-1 garlic clove
-1 tsp dried basil	-1 tsp dried oregano	-1/2 tsp brown sugar
-1/2 tsp salt	-drizzle of olive oil	

Cheese mixture:

-15 oz ricotta cheese	-1 cup shredded mozzarella	-1/2 cup grated parmesan
-1 lightly beaten egg		

Topping:

-fresh basil	-shredded parmesan
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Steps....

Sauce: combine all ingredients in the Vitamix and select variable 1. Turn machine on and slowly increase until at high. Blend for one minute using tamper to press ingredients into blades. Pour into sauce pan and let simmer for 20 - 30 minutes.

Cheese mixture: combine ricotta cheese, mozzarella and parmesan. Mix well.

Assembly: put 1 cup of sauce in the bottom of the pan. Take one noodle, spread some cheese mixture on, then roll. Repeat till pan is full. Cook for 20 - 25 minutes. Put boiling water into a pan with tall sides. Put lasagna noodles into water. Let sit for 15 - 20 minutes or until soft.

From the kitchen of... Helena Kagan

Lamb Meatball Curry

Ingredients...

- | | | |
|--------------------|-------------------------------|------------------------|
| -1 tbs fennel seed | -2 cloves garlic | -small piece of ginger |
| -2 green chilies | -2 onions | -1 lb ground lamb |
| -1 tbs olive oil | -1 tsp turmeric | -1 tbs curry powder |
| -1 tsp cumin | -14.5 oz can chopped tomatoes | -1 tbs yogurt |
| -1/4 cup cilantro | -10 pieces of naan | |

Steps....

- Put lamb, fennel, garlic, chilies and 1 onion in a large bowl
- Using your hands combine everything together until evenly distributed
- Roll mixture into 16 meatballs
- Heat the oil in a large, deep frying pan over a gentle heat and fry the onion, ginger and spices for 10 minutes until the onions are softened
- Add tomatoes and water if needed, and turn on high heat until it boils
- Drop in meatballs and reduce to low-medium heat. Cover and simmer for 15 minutes or until meatballs are cooked
- Mix through yogurt and cilantro and serve with naan or rice

From the kitchen of... Lorelei Schaefer

Lorelei's Barbeque Bird Balls

Ingredients...

- | | |
|-----------------------|-----------------------|
| -1 lb ground turkey | -1 cup bread crumbs |
| -1 egg | -1 tsp yellow mustard |
| -BBQ sauce any amount | |

Steps....

- Mix ground turkey and yellow mustard
- Add egg and combine well
- Mix in bread crumbs and form balls
- Set crock pot on high and BBQ sauce on bottom of crock pot
- Add formed balls and drizzle BBQ sauce on top
- Close and cook on high for 2 hours
- Serve or turn crock pot on warm

From the kitchen of... Nia Hopkins

Bacon Wrapped Meatloaf stuffed with Mashed Potatoes

Ingredients...

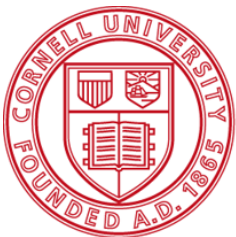
-2 lb ground beef	-1/2 cup ketchup	-1 cup diced sautéed onion
-1/2 cup brown sugar	-3 cloves minced sautéed garlic	-2 tsp mustard powder
-1 1/2 cups grated parmesan	-2 tsp onion powder	-1 cup panko breadcrumbs
-2 tsp paprika	-2 tsp salt	-1/4 cup tomato paste
-1 1/2 tsp pepper	-1 lb Yukon gold potatoes	-2 tsp Worcestershire sauce
-2 tbs butter	-1/2 cup milk	-1 tsp salt
-1 cup milk	-28 slices bacon	

Steps....

- Preheat oven to 350 degrees F
- In a large bowl mix together beef, cooked onions and garlic, parmesan, eggs, panko, salt, pepper, milk, Worcestershire and parsley. Set aside.
- In another bowl, make the glaze by mixing ketchup, brown sugar, mustard powder, onion powder, paprika and tomato paste. Reserve half of the glaze in a separate bowl for after the meatloaf is cooked. Set aside.
- Line a bundt pan with slices of bacon using a pastry brush to spread a layer of glaze on the inside of the bacon.
- Add 2/3 of the meat to the bottom of the bundt pan and spread up the sides and up the middle of the pan making a "bowl" for the mashed potatoes.
- Add the mashed potatoes into the "bowl" and smooth out. Top the mashed potatoes with the remaining meat, smooth out, coat the top with the raw meat glaze and fold the slices of bacon over the top of the meat. Cover with foil and bake for 1 hour. Remove the foil after 30 minutes and carefully drain some of the liquid before putting it back in the oven
- Place a cooling rack on the top of the bundt pan and flip over onto a baking sheet. Remove the bundt pan and coat with remaining glaze.



DESSERTS



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From the kitchen of.... Tessa Mashburn

Avocado Maple Mousse

Ingredients...

- 1 ripe avocado
- NYS pure maple syrup
- vanilla extract
- unsweetened cocoa powder
- Sea salt

Steps....

- Place avocado, maple syrup and sea salt in a bowl and mix until smooth
- Add cocoa powder and mix
- Eat with spoon, yummy!

From the kitchen of.... Travis Miller

Apple Nachos

Ingredients...

- 2 cups sliced apples
- 2 tbs caramel sauce
- 2 tbs chocolate sauce
- Assorted toppings: sprinkles, mini chocolate chips, crushed pretzels, mini marshmallows

Steps....

- Slice apples
- Lay apples on platter
- Drizzle caramel and chocolate sauce on top
- Sprinkle toppings
- Enjoy!

From the kitchen of... Bethany Cirone

Double Chocolate Muffins

Ingredients...

- | | | |
|-----------------------------|-----------------------|---------------------------|
| -2 cups flower | -2/3 cup cocoa powder | -1/2 cup granulated sugar |
| -1/2 cup brown sugar | -1 tsp baking powder | -1 tsp baking soda |
| -1 tsp salt | -1 cup milk | -1 tsp vinegar |
| -1/3 cup vegetable oil | -2 large eggs | -1 tsp vanilla |
| -1 1/2 cups chocolate chips | | |

Steps....

- Preheat oven to 350 degrees F. Grease 12 muffin tins
- Mix together flower, cocoa, granulated and brown sugar, baking powder, baking soda and salt
- In separate bowl mix together milk, vinegar, oil, eggs and vanilla
- Combine wet and dry ingredients, mix well
- Mix in 1 cup of chocolate chips
- Fill each muffin tin 2/3 full. Sprinkle with rest of chocolate chips
- Bake for 22-25 minutes or until toothpick comes back clean
- Cool for 10 minutes before removing from pan

From the kitchen of... Rachel Cirone

Pumpkin Muffins

Ingredients...

- | | |
|----------------------|------------------------|
| -2 cups flower | -1/2 cup sugar |
| -1 tbs baking powder | -1 tsp cinnamon |
| -1 cup milk | -1/2 cup vegetable oil |
| -2 eggs | -1 cup pumpkin puree |

Steps....

- Set oven to 400 degrees C and grease 12 muffin cups
- Whisk flower, sugar, baking powder and cinnamon together
- Mix milk, oil and eggs in separate bowl
- Add wet to dry and then add pumpkin. Mix until everything is wet
- Fill muffin cups about 3/4 full
- Bake 15 minutes or until toothpick comes out clean

From the kitchen of... Juliette Gerstle

Cinnamon Sugar Apple Cake

Ingredients (cake)...

-1 1/2 cups brown sugar	-1/3 cup oil	-1 egg
-1 cup buttermilk	-1 tsp vanilla	-1 tsp baking soda
-2 1/2 cups flour	-2 1/2 cups apples, chopped	

Ingredients (topping)...

-1/2 cup sugar	-1 tsp cinnamon	-1 tbs melted butter
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Steps....

- Preheat oven to 325 degrees F
- Mix cake ingredients in order, stirring until just combined
- Pour batter into buttered 9'x13' pan
- Combine topping ingredients to make a topping and sprinkle over the top of the batter
- Bake for 45 minutes
- Cool and serve

From the kitchen of... Michaela Hegarty

S'more Cake

Ingredients...

-1 box of chocolate cake mix	-1 1/4 cups water
-1/2 cup vegetable oil	-3 eggs
-1 chocolate fudge frosting	-1/3 cup melted marshmallows
-1 cup semisweet chocolate chips	-1 cup crushed graham crackers

Steps....

- Preheat oven to 350 degrees F
- Grease bottom of a 9"x13" pan
- Mix cake mix, water, oil and eggs together until smooth with no lumps
- Pour into pan
- Bake for 30 minutes or until tooth pick comes out clean. Cool completely
- Mix melted marshmallows with chocolate frosting
- Spread evenly over cooled cake
- Sprinkle chocolate chips and graham crackers over cake
- Enjoy!

From the kitchen of.... Sarah Lafreniere

Apple Cinnamon Coffee Cake

Ingredients...

- | | | |
|---------------------------|-------------------------|---------------------------|
| -2 1/2 cups flour | -1 cup buttermilk | -1 egg |
| -1 cup brown sugar | -1 tsp vanilla | -3/4 cup granulated sugar |
| -1 tsp baking soda | -1 tsp baking powder | -3/4 tsp salt |
| -1/2 tsp ground ginger | -1 tbs + 1 tsp cinnamon | -3/4 cup vegetable oil |
| -1 lb granny smith apples | | |

Steps....

- Preheat oven to 325 degrees F, butter and flower a round baking pan
- Mix flour, brown sugar, granulated sugar, baking soda, buttermilk, vanilla, egg and 2 1/2 tsp cinnamon together
- Add oil and mix until mixture is coarse
- Transfer 1 cup of mixture into smaller bowl and stir in remaining cinnamon. Set aside for topping
- Add remaining ingredients and mix until combined
- Pour batter into prepared pan
- Sprinkle topping over cake
- Bake for 1 hour and 20 minutes, tester should come out clean when inserted in center

From the kitchen of.... Isabelle Milroy

Apple Delight

Ingredients...

- | | |
|----------------------|------------------|
| -4 apples diced | -6 tbs butter |
| -4 tbs brown sugar | -2 tsp cinnamon |
| -2 tsp nutmeg | -1/3 cup oats |
| -1/4 cup walnuts | -1/8 cup raisins |
| -1/8 cup cranberries | |

Steps....

- In pan cook apples with 4 tbs butter
- In a bowl mix the brown sugar, cinnamon and nutmeg
- After apples are cooked about 10 minutes, add spice and sugar mixture
- Stir well then add to sprayed baking pan
- In same pan cook 2 tbs butter with oats, raisins and cranberries with crushed walnuts
- After 5 minutes pour over apples and bake for 20 minutes

From the kitchen of... Maddie Sartori

Vanilla Cake with Chocolate Frosting

Ingredients...

Cake

-1 cup white sugar	-1/2 cup butter	-2 eggs
-1/2 cup flour	-1 3/4 tsp baking powder	-1/2 cup milk
-2 tsp vanilla extract		

Frosting

-2 3/4 cup confectioners sugar	-6 tbs cocoa powder	-6 tbs butter
-5 tbs evaporated milk	-1 tsp vanilla extract	

Steps....

Cake: preheat oven to 350 degrees F. Grease and flour 9"x9" pan or line pan with parchment paper. In a medium bowl, cream together sugar and butter. Beat in one egg at a time. Then stir in vanilla. Combine flour and baking powder and add cream mixture and mix well. Add in milk until batter is smooth. Pout into pan. Bake for 30 - 40 minutes

Frosting: in a medium bowl stir together the confectioners sugar and cocoa. In large bowl cream butter than gradually beat in sugar mixture alternating with evaporated milk. Blend in vanilla. Beat until light and fluffy.

From the kitchen of... Becky Rugar

The Good Brownies

Ingredients...

-1 cup melted unsalted butter	-2 1/4 cups sugar
-1 1/4 cup dutch-process cocoa	-1 tsp salt
-1 tsp baking powder	-1 tbs vanilla extract
-1 tsp espresso powder	-5 large eggs
-1/2 cup water	-1 1/2 cup all purpose flower
-1 cup chocolate chips (optional)	-1 cup walnuts or pecans (optional)

Steps....

- Preheat oven to 350 degrees F. Lightly grease a 9"x13" pan
- Combine the melted butter and sugar, stirring until smooth
- Stir in cocoa, salt, baking powder, vanilla and espresso powder
- Beat in eggs one at a time. Scrape the bowl then add the water, stirring until smooth
- Add the flour, nuts and chips, stirring until thoroughly combined
- Spoon batter into the prepared pan
- Bake the brownies 28 - 30 minutes until a tooth pick inserted in center comes out clean. The brownies should feel set on the edges and in the center
- Remove the brownies from the oven and cool them on a rack before cutting and serving

From the kitchen of... Rebecca Smith

Pumpkin Cookies

Ingredients...

-1 1/2 cups packed brown sugar	-1/2 cup shortening	-2 eggs
-1 3/4 cup canned pumpkin	-2 3/4 cup flour	-1 tbs baking powder
-1 tsp cinnamon	-1/2 tsp nutmeg	-1/2 tsp salt
-1/4 tsp ginger	-1 cup raisins	-1 cup chopped pecans

Steps....

- Heat oven to 400 degrees F
- Mix sugar, shortening, eggs and pumpkin
- Mix flour and other dry ingredients
- Stir until well blended
- Add raisins and pecans
- Drop butter onto ungreased cookie sheet
- Bake 12 - 15 minutes
- Cook for 2 - 3 minutes



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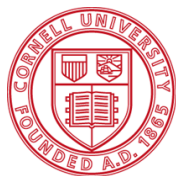
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