



## Buttery Pumpkin Thanksgiving Spoon Cake

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 18 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**crack:** to break open or apart a food to get what's inside, like an egg or a coconut.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**pour:** to cause liquid, granules, or powder to stream from one container into another.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Oven
- Muffin pan
- Paper cupcake liners
- Large mixing bowl
- Medium mixing bowl
- Dry measuring cups
- Measuring spoons
- Liquid measuring cup
- Can opener
- Whisk

### Ingredients

Buttery Pumpkin Thanksgiving Spoon Cake

- 3/4 C all-purpose flour **\*\* (for GLUTEN ALLERGY sub gluten-free/nut-free flour)\*\***
- 1 stick butter, separated **\*\* (for DAIRY ALLERGY sub 1/2 C dairy-free/nut-free butter spread, like Earth Balance)\*\***
- 1 C powdered sugar, separated
- 1 pinch salt
- 1/4 tsp baking powder
- 1/2 15-oz can pumpkin purée—not pie filling
- 1 1/2 tsp cinnamon
- 2 eggs **\*\* (for EGG ALLERGY sub 2 T flax seed + 1/3 C water—more info below)\*\***
- 1/4 C heavy whipping cream **\*\* (for DAIRY ALLERGY sub heavy coconut cream or other dairy-free/nut-free whipping cream)\*\***

## Food Allergen Substitutions

### Buttery Pumpkin Thanksgiving Spoon Cake

**Gluten/Wheat:** Substitute gluten-free/nut-free flour.

**Dairy:** For 1 stick butter, substitute 1/2 C dairy-free/nut-free butter spread, like Earth Balance. Substitute heavy coconut cream or other dairy-free/nut-free whipping cream.

**Egg:** For 1 egg, substitute 2 T flax seed + 1/3 C water. Stir and soak flax seeds in warm water for 5 minutes or until fully absorbed and thickened.

## Instructions

### Buttery Pumpkin Thanksgiving Spoon Cake

#### intro

This delicious cake recipe is inspired by the 1930s German-American dessert classic: Goey Butter cake. The original recipe combines pie-like, crumbly crust with a topping that reminds me of cheesecake but is more soulful and buttery. Our Sticky Fingers rendition will replace the run-of-the-mill cream cheese with a more seasonal choice: pumpkin! This ooey-goey creation will surely be a hit at your Thanksgiving table this fall season.

#### preheat + line

Preheat your oven to 350 F. Line a muffin pan with cupcake liners for easy clean up and serving.

### measure + crumble

Measure the following ingredients into a large mixing bowl: **3/4 cup flour, 2/3 stick of butter** (5 tablespoons), **1/3 cup powdered sugar, 1 pinch of salt**, and **1/4 teaspoon baking powder**. Once all the ingredients are in the bowl, using clean hands, crumble all the ingredients until large pebbles of flour and butter form. Set aside. The desired consistency should remind you of a strange looking pie crust.

### measure + crack + whisk

Measure and crack the following ingredients into a medium mixing bowl: **2 eggs, 1/4 cup heavy cream, 2/3 cup powdered sugar, 1/2 can pumpkin purée, 1/3 stick of butter** (as soft as possible), and **1 1/2 teaspoons cinnamon**. Once all the ingredients are in the bowl, whisk thoroughly to combine.

### press + pour + bake

With your muffin pan and both bowls in front of you, it's time to assemble your Buttery Pumpkin Thanksgiving Spoon cake! Start with roughly a tablespoon of your dough and press that into each of the wells of the lined muffin pan. Press it down to make a firm base. Then, fill the cupcake liner as much as possible with about 1 to 1 1/2 tablespoons of your pumpkin mixture. Once all the wells of the muffin pan are filled, slide it into the oven and bake for 15 to 18 minutes, or until the top is a golden orangy brown but is still jiggle in the center.

### cool + dollop + serve

The gooey cakes need to cool for about 5 minutes after removing them from the oven. Once you are ready and the cakes are cooled enough to handle, remove them from the muffin pan onto a plate and dollop a heaping helping of Spiced Whipped Cream (see recipe) on top and dig in! This soul food is sure to make your tummies very happy.

## Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

### History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica!

Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people.

A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved!

Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles!

According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

## Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!"

Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

## How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

## Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.