



**Cuizoo Cooking School
November 6, 2019
Halloween Party — Postponed!
Pumpkin Whoopie Pies, Sweet and Spicy Popcorn, Mulled Apple Cider**

Pumpkin Whoopie Pies

Makes 24 Whoopie Pies, Recipe can easily be halved. Modified from epicurious.com.

Cookie-cakes:

- 3 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon freshly grated nutmeg
- 1/2 teaspoon ground cloves
- 2 cups packed light brown sugar
- 1 cup vegetable oil
- 2 (15-ounce) cans pure pumpkin (not pie filling)
- 2 large eggs
- 2 teaspoons pure vanilla extract

Candied nuts or seeds:

- 4 tablespoons packed light brown sugar
- Pinch of salt
- 1 tablespoon water
- 1 cup nuts or seeds (your choice: pecans, almonds, or sunflower seeds, etc)

Filling:

- 2 blocks (16 ounces) cream cheese, softened
- 2 sticks (8 ounces) butter, softened
- Pinch of salt
- 3 cups confectioners' sugar
- 2 tablespoons vanilla extract (optional: bourbon can replace vanilla extract for an adult crowd)

Recipe Instructions

For cookie-cakes:

Preheat oven to 350°F with rack in middle. Line 2 large baking sheets with parchment paper.

Whisk together flour, baking powder, soda, salt, and spices in a bowl. Whisk together sugar, oil, pumpkin, egg, and vanilla in a separate large bowl until well combined, then stir in flour mixture.

Using a 1-ounce ice cream scoop or tablespoon measure, drop a scant scoop's worth of batter or 2 scant tablespoons of batter onto a lined baking sheet to form 1 mound. Repeat with remaining batter, arranging them 2 inches apart until baking sheet is full (you will have batter left over).

Bake until springy to the touch, about 14-16 minutes. Transfer cookie-cakes to rack to cool. Form and bake remaining batter on the other parchment-lined sheets. You should have a total of about 48 cookie-cakes. Leave oven on.

For candied nuts/seeds:

Line a small sheet pan with parchment paper.

Stir together sugar, salt, and water in a small saucepan. Heat over moderate heat until sugar dissolves, then bring to a boil. Stir in nuts or seeds.

Spread mixture on lined sheet pan and bake until coating is bubbling and golden brown, about 10 minutes. Cool completely on pan on a rack. Coarsely chop candied nuts or seeds.

For filling:

While cookie-cakes are baking, beat cream cheese, butter, and salt in a bowl with an electric mixer until smooth. Add confectioners' sugar and vanilla extract or bourbon and mix on low speed until smooth. Chill filling until firm enough to hold its shape when spread, 30 minutes to 1 hour.

Assemble whoopie pies:

Spread 1-2 heaping tablespoons of filling each on flat side of half the cooled cookie-cakes, then top with other half of cookie-cakes. If necessary, chill whoopie pies just long enough to firm up filling again, about 30 minutes. If desired, gently press candied nuts/seeds onto filling around middle of each whoopie pie to help them adhere to filling.

Cooks' Notes:

- If you want perfectly round cakes, a 1-ounce ice cream scoop is a worthwhile investment, because you can use it for so many other baking projects, in addition to ice cream.*
- Cookie-cakes can be baked 1 day ahead, and kept on racks at room temperature, covered with a kitchen towel.*
- Filling can be made 1 day ahead, and chilled, covered.*
- Nuts/Seeds can be candied 3 days ahead and kept in an airtight container at room temperature.*

Mulled Apple Cider

1 Gallon Apple Cider
Assorted Spices (Cinnamon Sticks, Whole Cloves, Whole Allspice)
Thinly Sliced Orange

Pour Apple Cider into large sauce pan or stock pot. Put a few whole cinnamon sticks and orange slices into cider. Place small spices into cheesecloth or cheesecloth bag and add to cider. Warm over low heat until simmering, about 10-15 minutes. Remove cheesecloth bag and serve warm in mugs.

Sweet and Spicy Popcorn

8 tablespoons (1 stick) unsalted butter
1/3 cup packed light brown sugar
1 tablespoon ground cinnamon
1 teaspoon chipotle powder or smoked paprika (use smoked paprika if you don't want it spicy, chipotle powder if you want it spicy, or a mix of both if you want mild spice)
1 teaspoon kosher salt (or more to taste)
20 cups popped popcorn (about 3/4 cup unpopped popcorn kernels)

Combine the butter, sugar, cinnamon, chipotle or smoked paprika, and salt in a saucepan over medium heat and cook, stirring, until the butter melts and starts to bubble, 4 to 5 minutes. Add the popcorn to a large bowl. Working quickly, pour the butter mixture over the popcorn and use 2 rubber spatulas to evenly coat the popcorn. Taste and season with additional salt if needed. Let cool slightly and serve.

Timeline

4:00-4:15	Intro and Wash Hands, Preheat oven to 350
4:15-4:30	Make Whoopie Pie Batter and Get Cider on Stove
(4:30-4:45)	Bake Whoopie Pies)
4:30-4:45	Make Whoopie Pie Filling and put in fridge
4:45-5:15	Make Almonds and the Popcorn, Coloring
5:15-5:30	Assemble Whoopie Pies
5:30-5:45	Serve Cider, Popcorn, and Whoopie Pies
5:45-6:00	Box leftovers

Trivia

1. True or False: Trick-or-treating has existed since medieval times.

*True

Back then, it was known as "guising" in Scotland and Ireland. Young people dressed up in costumes and asked for food or money in exchange for songs, poems, or other "tricks." Today, the tradition has morphed into children to getting dressed up and asking for candy.

2. During which war did trick-or-treating have to stop due to the fact that there wasn't enough sugar for candy?
 - a. World War I
 - b. *World War II
 - c. The Vietnam War
 - d. The Revolutionary War

Sugar rationing during World War II halted trick-or-treating.

After the rationing ended, the tradition grew into what we're familiar with today. Candy companies started launching advertising campaigns to capitalize on the ritual.

3. People spend a lot of money on many holidays. Halloween is the _____ largest commercial holiday in the US.
 - a. First largest (people spend the most money on this holiday)
 - b. Third largest (two other holidays people spend more)
 - c. *Second largest (only one other holiday when people spend more)
 - d. Tenth largest (nine other holidays people spend more)

It comes after only Christmas. Consumers spent approximately \$9 billion (!) on Halloween last year, according to the National Retail Federation (NRF). That's A LOT of candy and costumes.

4. True or False: Jack-o-lanterns were originally not carved out of pumpkins, but of turnips, potatoes, and beets.

*True

They used to be carved out of turnips, potatoes, and beets.

Jack-'o-lanterns originated in Ireland, after all. Once Halloween became popular in America, people used pumpkins instead.

5. Which state produces 5 times more pumpkins than any other state?

*Illinois

Pennsylvania

Iowa

California

The Land of Lincoln has more than 15,000 acres devoted to gourd growing, according to the United States Department of Agriculture. Those Illinois farms typically grow more than 500 *million* pounds of pumpkins annually.