



Autumn Apple Chutney & Toasted Curry, Sriracha, Chili Lime, and Taco Flavored Pumpkin Seeds

The smell is here friends! Fall is upon us! I can feel it in my bones, that amazing shift in nature that brings crisp air, falling leaves, star filled nights and that wonderful, wonderful smell of autumn.

I have many activities, recipes, cozy outfits, habits and favorite foods that I associate with the season of fall. For instance, when I think of fall I think of apple picking, apple chutney, my favorite burnt orange sweater, toasting pumpkin seeds, and making big batches of pumpkin bread for all my family and friends. And, no matter where I am or my resources, I make sure at least a few of these dear holiday traditions come to fruition.

This fall, I'm on the culinary prowl - working to innovate new recipes and improve upon my most delicious and nourishing autumn delights - for my family and for yours. And, if you were guessing that I took advantage of all that the great state of Washington has to offer - you got it right. Apples!

The boys and I scurried down to the apple orchard and filled as many bushels with crisp, organic, and flavorful Washington apples that we could. We also made it to the pumpkin patch and piled my pick-up high with all varieties of pumpkin, gourd and squash for our holiday

decorating, cooking and for the treasured seeds! Yes. In our household we enjoy seeds and I use them in all sorts of recipes. They are versatile, crunchy, satiating and full of essential nutrients to keep the body feeling alive and well.

You might think apples make fine pie, spicy cider and scrumptious sauce - and that's true - but apples also make chutney more than just a condiment - apples make chutney a main course. But, you'll need to get creative here, because the chutney recipe I'm sharing today is so darn delicious that you'll have to hide it. I have to hide it from Ben, or it disappears before the naan, basmati and paneer is even out of the oven or off the stovetop!

And, again, just like a basic apple, many think pumpkin seeds are nothing special and more of a hassle to toast than they are a delight - but that's not true. Pumpkin seeds are super healthy, super easy to separate from pumpkin flesh and, dare I say it again, super easy to cook with.

I love the earthy taste of pumpkin seeds and toasting them with just a pinch of sea salt and oil is a great bet, but I wanted to experiment and develop flavor profiles that the humble pumpkin seed would soak up and pair with deliciously.

So off to my in-home test kitchen I went and lo and behold, I scored big time. I was able to wrap the most tasty herbs and spices around the seeds and toast them to autumn perfection. So delicious that I must hide this from my family too! Ben and the boys devour them by the bucket, and to be truthful, if you have half a taste bud, you will want to too!

Get out your pots, pans, and baking sheets because we are getting cookin'!

Autumn Apple Chutney

- 1 cup onion
- 2 pounds apple
- 1/2 cup raisins
- 2 teaspoons coriander
- 2 teaspoons cinnamon
- 1/2 teaspoon cloves
- 2 teaspoons pepper
- 1 teaspoon salt or to taste
- 1 1/4 cups raw honey
- 1 cup malt vinegar

Place all ingredients in a saucepan and, over medium heat, bring to a boil.

Simmer for 1 1/2 - 2 hours. Stir the chutney occasionally so it doesn't stick to the bottom of the pan.

When it becomes very thick run a wooden spoon down the middle creating a channel. If it fills with liquid quickly, allow it to cook a bit longer. If the waters stay separated, then your chutney is ready!

You can enjoy it immediately or you can package and store your chutney to be enjoyed in the colder months.

If you plan to store, make sure to safely can your chutney and place it in a cool dark cupboard for up to two to three months.

Toasted Pumpkin Seeds

This is the way my mother taught me to prepare my pumpkin seeds for roasting...

Clean all pumpkin off the seeds. Create a brine, which is 2 Tablespoons salt to one quart of water. Soak your pumpkin seeds in the brine over night. Drain the seeds and water through a sieve and rinse seeds very well. Season seeds to you liking and roast.

Sriracha Pumpkin seeds

2 cups of fresh pumpkin seeds
1 tablespoon avocado oil
2 tablespoons sriracha (depending how spicy you like things)
1 tablespoon honey
1/2 lime
Salt to taste

Pre heat over to 325°

Combine oil, sriracha, honey, and lime in a medium size bowl and stir until combined.

Add in pumpkin seeds and stir until seeds are coated.

Evenly spread seeds on a cookie sheet and sprinkle salt over the top.

Roast seed 15-20 minutes

Taco Seasoned Pumpkin Seeds

2 cups of fresh pumpkin seeds
2 Tablespoons avocado oil
2 Tablespoons of taco seasoning
1/4 teaspoon powdered garlic
1/2 teaspoon salt

Pre heat over to 325°

Combine all ingredients in a bowl and toss until seeds are evenly coated

Evenly spread seeds on a cookie sheet and sprinkle salt over the top.

Roast seed 15-20 minutes

Curried Pumpkin Seeds

2 cups of fresh pumpkin seed
2 Tablespoons coconut oil
1 Tablespoon yellow curry powder
1/2 - 1 teaspoon salt

Pre heat over to 300° (This is a lower heat because coconut oil can smoke at higher temps)

Combine all ingredients in a bowl and toss until seeds are evenly coated

Evenly spread seeds on a cookie sheet and sprinkle salt over the top.

Roast seed 20-25 minutes

Pumpkin Pie Pumpkin Seeds

2 cups of fresh pumpkin seeds
2 tablespoons maple syrup
1 teaspoon vanilla
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon nutmeg
1/8 teaspoon cloves
1/2 teaspoon salt

Pre heat over to 325°

Combine all ingredients in a bowl and toss until seeds are evenly coated

Evenly spread seeds on a cookie sheet and sprinkle salt over the top.

Roast seed 20-25 minutes