

# À La Carte

issue 1

What's Their **Pumpkin Spice**?

*Traditional* Fall Foods

From Around the World

24  
family  
<sup>favorite</sup>  
recipes

From Farm to Table



Photo Courtesy of Jennifer Pallian

# What's Their Traditional from around



pumpkin pie

- 2 eggs
- 1 can pumpkin puree
- 1 can sweet condensed milk
- 1 teaspoon pumpkin pie spice
- 1 unbaked pie crust

# Pumpkin Spice? Fall Foods the world.



*Persimmons are only  
one pumpkin alternative  
for autumn...*



pumpkin spiced latte

You don't need to be a calendar-driven chef to know that there are flavors for every season. Spring's asparagus and artichokes segue into summer's tomatoes and strawberries. Some tastes are particularly pervasive. Chestnuts and apples are all well and good, but U.S. autumns circle around the pumpkin: pumpkin pie, pumpkin bread, pumpkin muffins, pumpkin cheesecake, pumpkin ice cream, pumpkin spice cookies, and flan, and everything else, pumpkins grinning on the porch. If pumpkins are the making of North American fall, then what are other nations' pumpkins?

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SEANAN FORBES

# Pumpkin Alternatives

## Japan

Like the U.S., Japan has numerous autumn fruits and vegetables, and even fish. Some will be familiar to Westerners, although you have to get behind the Japanese names. Satoimo is taro root. Kuri are Japanese chestnuts, Satsumaimo isn't an orange, but a sweet potato, which appears in sweet and savory dishes, and in street side carts, where yaki-imo (baked sweet potatoes) are sold. Kabocha is—you guessed it—pumpkin. Kaki are persimmons (as seen in the image above), and they're pervasive.

## Germany & Austria

In Germany, stuffed cabbage, sauerkraut, and sausages counter the cooling air. In Austria, hot pasta dishes appear, often thick with cheese. Chestnuts show up, on their own and in cakes.

## France

Game features strongly in the French autumn, as do red meats. Think of wild boar and mushrooms in red wine, venison stew, and boeuf bourguignon. Grapes stay in season through October, and summer vegetables are lingering on. Autumn's most present in the orchard. Apples and pears are reaching their peaks. The scent of fresh-pressed cider is everywhere.

## Portugal

The Portuguese indulge in fish and game, alongside squash and root vegetables, and enjoy hot galão (Portugal's answer to cappuccino) with their pastéis de natas.

## Australia

Australia's springtime starts when March arrives and exists with the departure of May. Australia is huge; there are six climate zones. The U.S. has different seasonal patterns, but the Australian continent has an interesting division: four seasons in the temperate zone, and a wet/dry pattern to the north. There are 170 varieties of apple, and Australians know how to enjoy that part of their heritage. Root vegetables are in abundance, in the garden and on the plate. Crab is featured on many autumn menus too.

## Hoshigaki Dried Persimmons

In Japan, drying persimmons is a natural way to preserve color and flavor. It's as easy as hanging ornaments: peel and string persimmons and suspend them wherever you have space. The technique dates back to the 17th century, if not earlier. Their bright orange color makes persimmons a cheery sight while drying.

## Caramelized Fuji Apple and Calvados Ice Cream

Cross hemispheres with this Australian caramelized Fuji and Calvados ice cream. It gets savory notes from pounded coriander seeds and fresh bay leaves.

Australians work in metric, so you'll need a converter. You'll also need rapadura, a whole cane sugar.

## Salted Caramel Apple Galette

Call it a galette. Call it a Tarte de Pommes à la Normande. Call it whatever you will, but don't miss this crisp-edged ode to autumn. Galettes are forgiving. They can be as rough or elegant as you like, and be impeccable tarts. With a drizzle of salted caramel, this galette is a step away from tradition.

## Persimmon and Coconut Muffins

Australians have a deep appreciation for Japanese food. This recipe brings together the best of the West and East, turning coconut, two kinds of persimmon (although you can get away with any, as long as they're ripe), and whole wheat flour into muffins that are not too sweet.



## Bangkok Crab Cakes with Spicy Dip

Put a Thai spin on Maryland crab cakes with the addition of fish sauce and green chiles. Don't limit these to dinner; served with sunny-side-up eggs, they make a magnificent breakfast.

## French Apple Cake

Choose your favorite apple, sweet, or tart or floral. That flavor will be a keynote here; two apples go into the making of this French Cake.

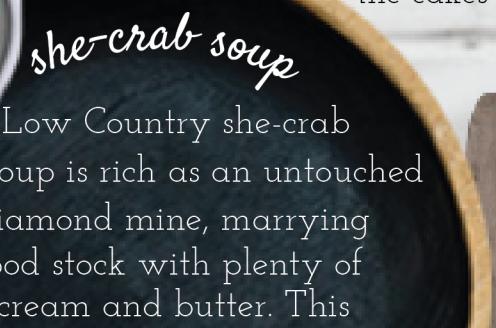
Warmth comes from vanilla, eggs, butter, and several teaspoons of dark rum.

**Persimmon Butternut Squash Soup**  
combine persimmons and butternut squash for a sweet and savory soup that showcases autumn's rich flavors and crisp-leaf colors. Vegans rejoice though creamy, there is no dairy added.



## Vegan Crab Cakes

Vegans can join Australia's crab revelry with this recipe for vegan crab cakes. Don't over-process the chickpea and hearts of palm; they're what gives the cakes a crab-like texture.



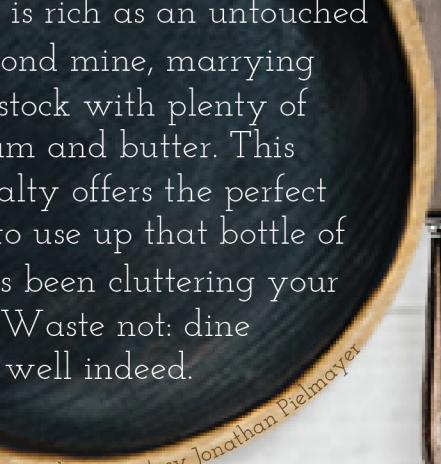
Low Country she-crab soup is rich as an untouched diamond mine, marrying seafood stock with plenty of heavy cream and butter. This Souther specialty offers the perfect opportunity to use up that bottle of sherry that's been cluttering your kitchen. Waste not: dine very well indeed.

## Persimmon Cake

Cinnamon, nutmeg, clove, and cardamom help spice up this sweet, seasonal cake. Not one, but two varieties of persimmons are used: hachiya is pureed and folded into the batter while fuyu gets the candied treatment for a crunchy and colorful topping.

## Dolce de Abórara (Portuguese Pumpkin Preserve)

Use up your excess all-American pumpkin Portuguese style. Dolce de Abórara, a classic jam, has only three ingredients: pumpkin, sugar, and cinnamon. Although it makes an excellent gift, odds are in favor of you eating it all (over ice cream, on toast, marbling cheesecake, topping fresh cheese) before you have a chance to give a jar away.





**NO INGREDIENT SHOULD  
HAVE A NUMBER IN IT.**

We're committed to making our food the right way and only using 100% natural ingredients, 100% of the time. A cup of yogurt won't change the world, but how we make it might. Learn how at [chobani.com](http://chobani.com)



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