

# PUMPKIN COOKIES

Makes about 3 dozen.

By Dennis W. Viau; modified from a 1950s recipe.

If you buy canned pumpkin pie filling these cookies are really easy to make. I have bought and cooked small pie pumpkins, when available, but the canned filling is easier and tastes better because it is seasoned. These cookies, made with dried cranberries, would be perfect for Halloween, Thanksgiving, or Christmas.

Note: If using canned pumpkin pie filling, use the product that is plain mashed pumpkin, no seasoning.

## Ingredients:

½ cup (113g) clarified or whole butter (see Note below)

1½ cups (300g) packed brown sugar

1 egg

1⅓ cups (350g) mashed pumpkin (or canned unseasoned pumpkin pie filling)

3 cups (14 ounces / 400g) sifted all-purpose flour

4 teaspoons baking powder

¼ teaspoon ground nutmeg

¼ teaspoon ground cloves

½ teaspoon ground ginger

½ teaspoon ground cinnamon

1 cup (5 ounces/142g) dried cranberries or raisins

## Directions:

Heat your oven to 375°F (~190°C). In a medium bowl, cream together the butter and sugar until smooth and homogenous. Add the egg and the pumpkin. Blend until smooth. (This can be done with an electric mixer.)

In a large bowl, sift together the flour, baking powder, nutmeg, cloves, ginger, and cinnamon. Add the wet mixture to the flour mixture and combine until smooth. Fold in the dried cranberries (or raisins).

Using a tablespoon or ice cream scoop (disher), drop dollops on a prepared baking sheet (greased, coated with nonstick cooking spray, or lined with parchment paper or silicone baking mat), 2 inches (5cm) apart.

Bake for 20 to 25 minutes or until lightly browned. Transfer to a cooling rack and let cool thoroughly before serving. Store in air-tight containers.

The step-by-step photos were removed. See the video for the preparation.

## Note

The original recipe called for shortening, which is hydrogenated vegetable oil—known today as “trans fat.” I substituted clarified butter, which is high in saturated fats. Scientists haven’t yet decided which one is worse for you. If you’re going to cook with a fat that is not a health benefit, I say use the one that gives your food the best flavor. These cookies are not intended to be a main staple for the maintenance of life. They’re a treat and therefore a little butter isn’t going to hurt anyone. Julia Child often said butter, which is used extensively in French cooking, isn’t unhealthy, as long as you don’t eat a lot of it.

