



## Pumpkin Spice Up Your Life Seminar Recipes

### Pumpkin Curry: Paired with Essence Gewürztraminer and 13 Below Zero

#### Ingredients:

- 1 can pumpkin purée
- 1 can coconut milk
- 1 cup pumpkin, diced
- 1 tsp ginger, fresh grated
- 3 shallots, finely diced
- 3 tbsp olive oil
- 2 tbsp garlic, minced
- 1 tbsp fresh red chili
- 1 bunch coriander (cilantro), finely chopped
- 3 tbsp mustard seed
- 2 tbsp turmeric
- 2 cups veg stock
- 6 tbsp curry powder
- 1 cans chick peas
- 2 tbsp nutmeg

#### Directions:

Cook ginger, garlic, red chili and shallots in oil over medium heat until golden. Add mustard seeds, curry and turmeric and cook for 1 minute. Add coconut milk and stock, bring to a boil and add pumpkin and chickpeas. Allow to simmer covered for 30 minutes. Allow to cook for another 15 minutes without the lid until the sauce thickens. Serve over rice with naan and garnish with coriander and pumpkin seeds.

Pour a glass of 13<sup>th</sup> Essence Gewürztraminer or 13 Below Zero and enjoy!

**13<sup>th</sup> Street Winery**

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## Pumpkin Spice Up Your Life Seminar Recipes

### Pumpkin Mac and Cheese: Paired with Viognier and Gamay

#### Ingredients:

1 large bag macaroni, elbow pasta or any medium-sized pasta  
4 tbsp butter  
4 tbsp flour  
2 cups whole milk  
1 can pumpkin purée  
1 tsp granulated garlic  
1 tsp dry mustard  
¼ tsp cayenne  
⅛ tsp grated nutmeg  
⅛ white pepper  
3 cups smoked cheddar, freshly grated  
1 cup Parmigiano-Reggiano, freshly grated  
salt and pepper to taste  
chives, finely chopped as garnish

#### Directions:

Boil pasta as per package instructions and remove a few minutes early. In a medium pot melt butter over medium heat, whisking in slowly the flour then milk. Bring to a bubble and allow to simmer a few more minutes until the sauce thickens. Reduce heat and stir in pumpkin, garlic, mustard, cayenne, white pepper and nutmeg. Add salt and pepper to taste. Stir cheeses into sauce until melted. Drain pasta, saving a small amount of pasta water to add to the sauce if too thick. Slowly stir the pasta into the sauce. Garnish with fresh chives and serve.

Pour a glass of 13<sup>th</sup> Street Viognier or Gamay and enjoy!

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## Pumpkin Spice Up Your Life Seminar Recipes

### Pumpkin, Goat Cheese and Caramelized Onion Dip: Paired with Gamay and Gamay Blanc de Noir Sparkling

#### Ingredients:

3 yellow onions, thinly sliced  
3 tbsp extra virgin olive oil  
½ tbsp butter  
3 tbsp fresh rosemary, minced  
2 cups goat cheese  
1 cup cream cheese  
1 cup plain 0% Greek yogurt  
2 cups pumpkin purée  
4 tbsp maple syrup  
1 tsp salt  
1 tsp pepper  
pumpkin seeds, as garnish

#### Directions:

Cook onions in pan in butter and oil, stirring often until onions are caramelized and golden brown. Blend all other ingredients in a bowl with a handheld mixer. Add most of the caramelized onions to mixture and fold through. Bake for 10 minutes at 350°. Add dip to a serving bowl and top with remaining onions and pumpkin seeds.

Pour a glass of 13<sup>th</sup> Street Gamay or Gamay Blanc de Noir Sparkling and enjoy!

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## Pumpkin Spice Up Your Life Seminar Recipes

### Pumpkin Spice Smoothie

**Ingredients:**

½ cup vanilla Greek yogurt

1 cup vanilla bean kefir

1 cup carrot juice

1 banana

1 cup frozen mango

1 cup pumpkin purée

½ cup tropical juice of choice (orange, mango, etc.) – Corinne used Happy Planet C Extreme C

½ cup coconut water

½ tsp nutmeg

½ tsp cinnamon

¼ tsp turmeric

**Directions:**

Combine all ingredients in a blender and blitz until smooth. Enjoy!

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