

# Share the warmth of holidays with this perfect pumpkin sage soup

By Susie Iventosch



Pumpkin sage soup

Photo provided

## Pumpkin Sage Soup

(Serves 4-6)

### INGREDIENTS

- 2 sugar or pie pumpkins (to yield approximately 4 cups pumpkin meat or any kind of squash you prefer)
- 3 Tbsp. olive oil
- 3 shallots, peeled (two chopped and one thinly sliced for garnish)
- 1 small onion, peeled and chopped
- 1 tsp. poultry seasoning
- 1 tsp. dried sage
- ½ tsp. dried thyme
- 2 Tbsp. dry sherry
- 1 can low-fat or non-fat coconut milk (13.5 or 14 oz.)
- 3 to 4 cups chicken broth, depending on how thick or thin you prefer your soup
- Salt and pepper to taste
- 1 cup kale leaves for garnish (plus sliced shallot from above)

### DIRECTIONS

Remove the stem from the pumpkins (or squash) and cut in half. Scoop out seeds and pulp. Coat inside of flesh with a thin layer of olive oil and season with salt and pepper. Turn upside down on a greased baking sheet and bake at 350 F until skin and flesh are easily pierced with a knife. Remove from oven and cool. Scoop out pulp and place in a bowl.

Meanwhile, sauté chopped shallots and onion in a large pot. Add seasonings and continue to cook until onions are translucent. Add pumpkin pulp and mix well with veggies. Puree this mixture in a food processor one batch at a time until smooth. Return to soup pot.

Add sherry, coconut milk and enough chicken broth to arrive at desired consistency. Bring to a boil and serve immediately, or cool and refrigerate until ready to heat and serve.

For garnish: Toss sliced shallots and kale leaves with olive oil and a bit of sea salt. Spread out on a tray and bake at 400 F until crispy and beginning to brown. This will take approximately 10 minutes or so. Turn them over with a spatula halfway through. Sprinkle on top of each bowl of soup. Garnish can be made several hours ahead of time.

## Frosted Pumpkin Spice Cookies

### INGREDIENTS

- 1 cup butter
- 2/3 cup brown sugar
- 1/3 cup white sugar
- 1 egg
- 1 tsp. vanilla
- 1 cup canned pumpkin
- 2 cups flour
- 1 tsp. baking soda
- ¼ tsp. baking powder
- ½ tsp. salt
- 1 tsp. cinnamon
- Pinch nutmeg
- ¼ tsp. cardamom
- 1 cup raisins
- 1 cup chopped nuts (walnuts and pecans)

**Frosting Ingredients:** (can double if you like more frosting on each cookie)

- ½ stick of butter, softened to room temperature
- 2 Tbsp. canned pumpkin (you will have some leftover from the cookies)
- 2 tsp. vanilla extract
- 2 cups powdered sugar

### DIRECTIONS

In a large mixing bowl beat butter with both sugars until fluffy. Add egg and beat well. Stir in pumpkin and vanilla extract. Mix in all dries (including spices) until well blended. Fold in raisins and chopped nuts.

Drop by large spoonful onto greased baking sheet and bake at 350 F. Remove from oven and cool completely before frosting. Store in airtight container.

For frosting: Place butter in a mixing bowl and beat until creamy. Add pumpkin and vanilla and mix well. Beat in powdered sugar a bit at a time to desired consistency. If too thick, add a bit more pumpkin and if too runny add a bit more powdered sugar.



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



## Miramonte and Campolindo win Contra Costa County Model UN event awards

Submitted by Jonathan Lance

Instead taking part in their schools' football games, dances, and other fun weekend activities, 360 Bay Area high school students (representing 70 countries) buckled down Nov. 3-4 to discuss and provide workable solutions to many of our world's biggest challenges, at the 27th annual Contra Costa County Model United Nations (UN) Conference, held at Diablo Valley College.

This academic event is produced and directed by the Contra Costa County Office of Education and coordinated by Kevin Felix Chan, of Best Delegate,

along with members of the Model United Nations Club at UC Davis. The two-day event enhances high school students' understanding of the United Nations and its role in global issues. Participating students (delegates) each represent a nation and negotiate on that country's behalf.

This year, California High earned the Outstanding Large Delegation Crystal Gavel Award, with Foothill High following with Exceptional Large Delegation Plaque. Miramonte High received the Outstanding Small Delegation Crystal Gavel Award, and

Campolindo High brought home the Exceptional Small Delegation Plaque.

During the conference, delegates debated international issues in 10 committees, including Disarmament and International Security Committee, Security Council, United Nations Women, World Health Organization, and United Nations Children's Fund. Topics discussed included Biological and Chemical Weapons, The Question of North Korea, Access to Clean Water and Sanitation, Children in Armed Conflict, and many more.

"Model UN is an excellent

opportunity for students to display all the hard work and preparation they have put in, as they successfully discuss, persuade, and work with fellow committee members on real-world problems and complex international relations," says Contra Costa County Superintendent of Schools Karen Sakata. "The skills they are currently refining with this program will be the same ones they'll use in college and/or in their future careers."

Model UN differs from other CCCOE academic-event programs, such as Mock Trial, in

that it is not so much a competition as it is an event. Participants are commended for outstanding committee work and certificates are awarded to committee rapporteurs. Individual delegate winners are recognized for their debate skills, leadership skills, knowledge of the issues, and presentation of key resolutions. The event closes with a ceremony that recognizes the outstanding delegates.

Numerous individual awards were earned, and will be listed on the Model UN Web page in the very near future.



Miramonte High School receives the Outstanding Small Delegation Crystal Gavel Award.

Photos Diane Morrell, CCCOE



Campolindo brings home the Exceptional Small Delegation Plaque.