

# Spice Up Your Life

**October 6**

**Pumpkin Spice**



## A Brief History...

Pumpkin spice is synonymous with fall. We associate it with shorter days, cooler temperatures, comfy sweaters, and apple-picking. In October and November, you'd be hard-pressed to find a merchant who didn't have some pumpkin-spice-flavored offering. The addition of pumpkin spice to nearly everything is usually dated to the debut of Starbucks' Pumpkin Spice Latte. Released in limited numbers in fall of 2003, since then, it has sold hundreds of millions, and following that success, the spice blend exploded in popularity. It is easy enough to do because the blend is cheap and widely available now, though that was not always the case!

The origin of pumpkin spice dates back to the and the Dutch East India Company. Most spices in today's blend are native to Southeast Asian islands, some exclusively in what's now known as the Spice Islands, with the location as a guarded secret. The Dutch took control of said islands in the early 17<sup>th</sup> century, which became integral to the success of the company and the spread of those spices. Access to them inspired the Dutch to create blends such as speculaaskruiden, which is similar to pumpkin spice but also has cardamom and sometimes white pepper, and the popularity of it in Netherland desserts lead to the spices moving across borders. By 1796, the spice blend had made its way to the New World, as evidenced by the first known cookbook to be written by an American, *American Cookery* by Amelia Simmons, which includes a pumpkin pie recipe!

## Pumpkin Spice Kit

What's in the kit?

In each spice kit, you will receive all the spices needed to make Pumpkin Snickerdoodle Cookies. Please tag us on Facebook and/or Instagram with pictures of your recipe or e-mail them to us at [events@hhhlibrary.org](mailto:events@hhhlibrary.org)

This kit includes:

- 🍷 3 tbsp. ground cinnamon
- 🍷 2 tsp. ground ginger
- 🍷 2 tsp. nutmeg
- 🍷 1 ½ tsp. ground allspice
- 🍷 1 ½ tsp. ground cloves

# Recipe

For the **Pumpkin Snickerdoodle Cookies**, you will need 3 ½ teaspoons of the Pumpkin spice blend (2 for the dough, and 1 ½ for the spiced sugar) and:

- 🍯 ½ c. unsalted butter, melted
- 🍯 ¾ c. light brown sugar
- 🍯 ⅓ c. pumpkin puree
- 🍯 1 tsp. vanilla extract
- 🍯 1 ½ c. all-purpose flour
- 🍯 1 tsp. cream of tartar
- 🍯 ¾ tsp. baking soda
- 🍯 ½ tsp. kosher salt
- 🍯 ¼ tsp. baking powder
- 🍯 3 tbsp. granulated sugar

Directions:

## 1. Prepare the Ingredients

First, whisk all your spices together to create the Pumpkin Spice blend, and store in an airtight container. For the cookie dough: In a medium bowl, whisk together the butter, brown sugar, pumpkin puree and vanilla until well combined. In a separate medium bowl, whisk together the flour, 2 teaspoons of pumpkin spice blend spice, cream of tartar, baking soda, salt and baking powder.

## 2. Finishing the Mixture

Add the flour mixture to the pumpkin mixture and stir until all the dry ingredients are well mixed. Cover the bowl and refrigerate until the dough is firm, at least 4 hours or overnight.

## 3. Beginning to Bake

Preheat the oven to 350°F. Line 2 cookie sheets with parchment paper.

## 4. Creating the Spiced Sugar

For the spiced sugar: Stir together the granulated sugar and 1 ½ teaspoons of your pumpkin spice blend in a small bowl.

## 5. Finishing Touches

Scoop the dough into balls, about 2 tablespoons each. Roll each ball in the spiced sugar until well coated and arrange at least 2-inches apart on the prepared baking sheets. Bake until the cookies are puffed, set around the edges and begin to crack on top, 11 to 13 minutes. Let the cookies cool on the baking sheets for 5 minutes. Transfer to a wire rack to cool completely, about 30 minutes.

## Sources

Lauren Miyashiro; Recipe by Sloane Layton. “Here’s the Secret to Perfectly Chewy Pumpkin Snickerdoodles.” The Pioneer Woman, The Pioneer Woman, 2 Nov. 2021, <https://www.thepioneerwoman.com/food-cooking/recipes/a36973232/pumpkin-snickerdoodles-recipe/>.

Maria Lichty, Maria blogs; Two Peas and Their Pod; with her husband Josh. “This Homemade Pumpkin Pie Spice Is Perfect for Fall Baking.” The Pioneer Woman, The Pioneer Woman, 25 Aug. 2022, <https://www.thepioneerwoman.com/food-cooking/recipes/a78588/how-to-make-pumpkin-pie-spice/>.

Nosowitz, Dan. “The Fascinating Journey of How Pumpkin Spice Found Its Way into Our Lattes.” Better Homes & Gardens, Better Homes & Gardens, 2 May 2022, <https://www.bhg.com/recipes/seasonal/pumpkin-spice-history/>.

## Next Month: Japanese