

UPFRONT/EAT

# Give Them Pumpkin to Talk About

Enjoy autumn days with these savory recipes

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PHOTOGRAPH BY WILL BRINSON



## 1. Thai Pumpkin Curry

“This curry—a perfect blend of creamy and spicy flavors—is nourishing and satisfying.” —*Jessica Randhawa, chef and food photographer at The Forked Spoon*

## 2. Sticky Rice Stuffing with Pumpkin and Chestnuts

“Many Chinese American families may serve a variation of this popular dish at Thanksgiving, next to the turkey and green bean casserole.” —*Pat Tanumihardja, coauthor of Mortar and Pestle*

## 3. Cheesy Pumpkin Grits with Grilled Shrimp Scampi

“Pumpkin adds creaminess and depth of flavor. Cooking it on the grill boosts the flavor.” —*Merry Graham, recipe developer and founder of [amerryrecipe.com](http://amerryrecipe.com)*

## 4. Perfectly Pumpkin Hummus with Herb Drizzle

“When we think of hummus, we think of chickpeas, but this dish can be so much more when you add pumpkin!” —*Erin Fletter, CEO and founder of Sticky Fingers Cooking and author of Farm to Table*

## 5. Chef Thivet’s Pumpkin Soup

“This recipe has the perfect hint of spices, such as coriander, cumin and chile flakes, which enhance the earthy flavor of the pumpkin.” —*Guillaume Thivet, executive chef at Grand Brasserie in New York City*



### MEMBERS ONLY

Find the full recipes online at [aarp.org/pumpkindishes](http://aarp.org/pumpkindishes)