



COOKING CLASSES
AT SUR LA TABLE

**PUMPKIN SPICE MUFFINS
AND
LATTE**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Dairy

- 4 ounces unsalted butter
- 2 large eggs
- 1/4 cup whole milk
- 2 cups milk of your choice (such as whole, almond or soy)
- 3 tablespoons buttermilk

Dry/Canned Goods

- 1 1/8 cups unsweetened canned pumpkin

Pantry Items

- All-purpose flour
- Baking soda
- Baking powder
- Kosher salt
- Granulated sugar
- Vanilla sugar, turbinado or demerara sugar
- Light brown sugar
- Vanilla bean paste or extract
- Confectioners' sugar
- 1/2 cup brewed espresso or strongly brewed coffee

Spices

- Ground cinnamon
- Ground ginger
- Ground cloves
- Freshly ground nutmeg
- Ground allspice

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Serrated knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Mixing bowls (various sizes)
- Whisk
- Portioning spoon
- Large spoon
- Silicone spatula
- Fine-mesh strainer
- Small offset spatula (optional)
- Microplane

Cookware

- Medium saucepan

Appliances

- Milk frother (optional)

Bakeware

- Muffin pan or loaf pan
- Wire cooling rack
- Rimmed baking sheet

Tabletop

- Coffee mug

Other

- Parchment
- Small mason jar or jar with lid

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Spiced Pumpkin Muffins with Buttermilk Glaze

1. Preheat oven to 400°F.
2. If baking a pumpkin loaf, preheat oven to 350°F.

Spiced Pumpkin Latte

1. Brew 1/2 cup espresso or strong coffee.

SPICED PUMPKIN MUFFINS WITH BUTTERMILK GLAZE

Yield: 12 muffins or 1 loaf

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
2 teaspoons ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground cloves
1/2 teaspoon ground nutmeg
1/2 teaspoon kosher salt
3/4 cup granulated sugar
3/4 cup packed light brown sugar
1 teaspoon vanilla bean paste or extract
1 cup unsweetened canned pumpkin
1/2 cup butter, melted and slightly cooled
2 large eggs
1/4 cup whole milk

Buttermilk glaze:

1 1/2 cups confectioners' sugar, sifted
3 tablespoons buttermilk

Preheat oven to 400°F and position a rack in center of oven. Lightly oil a muffin pan.

1. **To prepare batter:** To a medium mixing bowl, add flour, baking powder, baking soda, spices and salt; whisk to combine.
2. To a large mixing bowl, add granulated sugar, brown sugar, vanilla, pumpkin purée, eggs and melted butter; whisk until smooth. Using a silicone spatula, add flour mixture and milk and stir to combine all ingredients.
3. Portion batter into prepared muffin pan, filling 3/4 full. Transfer pan to preheated oven and bake until muffins are springy to the touch, about 20 to 25 minutes. Transfer pan to cooling rack and allow to cool in pan, about 10 minutes. Remove muffins from pan and transfer to cooling rack to cool completely.
4. **To prepare glaze:** To a medium bowl, add confectioners' sugar and buttermilk; whisk until smooth.
5. Line a rimmed baking sheet with parchment paper and set a wire cooling rack on top. Transfer muffins to wire rack. Using a large spoon drizzle glaze over pumpkin muffins. Allow glaze to set, about 20 minutes. Serve warm or room temperature.

Recipe variations:

- **To prepare a pumpkin loaf:** Grease and flour a loaf pan, fill with batter and bake at 350°F for 40 to 50 minutes until a cake tester inserted into the center of the loaf comes out clean.
- Add any spice combination you like, try adding cardamon or a pre-mixed spice blend, like the pumpkin pie spice (recipe included).

SPICED PUMPKIN LATTE

Yield: 2 (8 ounce) lattes

2 cups milk of choice, such as whole dairy, almond, or soy
2 tablespoons Nielsen-Massey vanilla sugar, demerara, or turbinado sugar
2 tablespoons unsweetened canned pumpkin
2 teaspoons pumpkin pie spice (recipe included)
1 teaspoon vanilla bean paste or vanilla extract
4 ounces (1/2 cup) brewed espresso or strongly brewed coffee
Ground cinnamon to garnish

1. **To prepare latte:** To a medium saucepan set over medium-low heat add milk, vanilla sugar, pumpkin purée, pie spice and vanilla bean paste. Whisk well to combine. Heat until mixture comes to a simmer. Remove from heat and strain through a fine-mesh strainer into a liquid measuring cup, discarding solids.
2. Return milk mixture to saucepan and heat again to a simmer. Add espresso and whisk vigorously by hand or use a milk frother until your drink is foamy.
3. Pour into your favorite mug and garnish with ground cinnamon.

Recipe variation:

- For a chai variation, add 1 star anise pod and 1 green cardamom pod to milk while it steeps.
- Use pure maple syrup as a substitute for sugar to give your latte an earthier, sweeter flavor.

PUMPKIN PIE SPICE

Yield: about 1/3 cup

*3 tablespoons ground cinnamon
2 teaspoons ground ginger
1 teaspoon freshly grated nutmeg
1 teaspoon ground allspice
1/2 teaspoon ground cloves*

1. To a small bowl, add all ingredients and whisk well to combine.
2. Transfer to a jar with a tight-fitting lid away from light. The spice blend will keep for up to one month.