



The secret history of pumpkin spice

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To understand when pumpkin spice was invented, it's important to understand its ingredients. Most types of pumpkin spice include cinnamon, ginger, cloves and, most importantly, nutmeg.

One of the Banda Islands of Indonesia, Pulau Ay, is considered a "Spice Island" because it was the only place that nutmeg was known to grow. The earliest trace comes from about 3,500 years ago. When the Dutch took control of the islands in the early 17th century, the Dutch East India Company spread spices throughout the world and to the British colonies.

Eventually, the first official recipe for pumpkin spice surfaced in 1796 when a woman named Amelia Simmons created the recipe and released it in the first American cookbook calling it "Pumpkin Pie Spice."

Pumpkin Pie Spice was created as a way to get all necessary flavors for a pumpkin pie, while — ironically — not including any real pumpkin. Pumpkin spice has literal centuries of heritage and depth. No doubt, Simmons would be proud of the cult following her concept has acquired.

In the early 1990s, people began to use the blend in coffee. The rest is history.

Now that the history of pumpkin spice is clear, it seems easier to understand the nostalgia that surrounds it. Whether you enjoy it with your coffee, candles, baked goods or just the smell alone, it has evolved and gained popularity in ways that no one could have predicted.

Opinions on it are multifarious, but the greatness of pumpkin spice cannot be denied — especially in its peak season.

Pumpkin Spice Custard Bars

Sources: The Spice house



Ingredients

2 sheets puff pastry

1 1/2 cups sugar

3/4 cup corn starch

1 1/2 teaspoons Pumpkin Spice

Pinch of salt

3 cups heavy cream

1 1/4 cups whole milk

6 large eggs

1/4 cup pumpkin puree

1/4 cup butter

Powdered sugar for topping

Preparation Instructions:

Preheat the oven to 425 degrees.

Place each puff pastry sheet onto a parchment lined baking sheet. Cover the puff pastry with another sheet of parchment then cover the top with another baking sheet. Bake in the oven for 20-25 minutes or until golden brown. Let cool.

Cut the puff pastry down to fit into a 9x13 pan. Line the pan with parchment paper making sure there is overhang on each end. Place one sheet of the puff pastry at the bottom and reserve the top for later.

In a large saucepan, whisk the sugar, corn starch, pumpkin spice, and salt together until the corn starch has no clumps. Add in the cream and milk and place over medium heat, stirring constantly until the mixture just barely starts to boil. Turn off the heat.

Whisk the egg yolks and pumpkin into a heat resistant bowl. Slowly pour the hot cream mixture into the egg yolks while whisking. Once the cream mixture is about half gone, pour the cream and egg yolk mixture back into the cream mixture and combine. Turn the heat back onto medium/high and whisk constantly until the mixture starts to boil. Continue to mix while boiling for 1 minute then remove from the heat. The mixture will start to look weird and might separate a bit. That's okay, we're getting the custard to set to the right consistency.

Remove the custard from the heat and whisk in the butter until melted.

Pour the custard onto the prepared pastry lined pan. Smooth out until even then place the final puff pastry sheet on top. Cover and let sit in the fridge for at least 4 hours.

Remove from the pan by lifting both ends of the parchment paper. Cut into 12 squares and dust with powdered sugar.

Pumpkin Spice Latte

Sources: The Spice house



Ingredients

1 cup (8 fl oz) Milk

2 oz Espresso

1 teaspoon, plus dash for garnish, Pumpkin Pie Spice

2 tablespoons Pumpkin Puree

2 teaspoons Sugar or Honey, or to taste

Preparation Instructions:

1. Brew espresso in espresso machine or moka pot
2. Heat milk in a microwave, small saucepan, or with a steamer on an espresso machine, until slightly hotter than desired drinking temperature.
3. Combine all ingredients using a blender, immersion blender, or whisk.
4. Garnish with milk foam or whipped cream and a dash of Pumpkin Pie Spice.

Yields 1

More About This Recipe

Either canned pumpkin or homemade pumpkin puree will work in this pumpkin spice latte recipe. If making your own puree, you can measure it out ahead of time in an ice cube tray and freeze it, then save the frozen pumpkin cubes in a zip bag until you're ready to use them. Feel free to substitute the Milk for Soy Milk, Almond Milk, or Rice Milk, but keep in mind that you will want to adjust the sugar if the milk is sweetened.

Brown Butter Spice Cake

Sources: The Spice house



- 1 tsp Ground Saigon Cinnamon
- 2 tsp Madagascar Vanilla Extract
- Baking spray
- 8 oz unsalted butter
- 2 1/2 cups all-purpose flour
- 2 tsp baking soda
- 1 tsp Sea Salt
- 2 tsp Pumpkin Spice
- 1/2 cup molasses
- 1/2 cup hot water
- 1 cup (packed) light brown sugar
- 2 eggs
- 1 cup pumpkin puree (not pie filling)

Preparation Instructions:

Line a 9-inch springform pan with parchment paper. Lightly spray the parchment with baking spray. Preheat the oven to 350F. Place springform pan on a baking sheet in case of any leaks.

Melt butter in a small saucepan, over low heat. Continue cooking butter until butter becomes a toasty brown and smells nutty (about 8-10 minutes over low heat).

Transfer butter to a metal or glass bowl and place in the freezer to firm up. While the butter is chilling, measure the remaining ingredients.

In a medium bowl, whisk together flour, baking soda, salt, cinnamon, ginger, cloves, allspice, and nutmeg. Set aside. Whisk molasses with hot water and set aside.

Once the butter has become a soft solid again, in the bowl of a stand mixer, beat butter and brown sugar until creamy and fluffy. Add eggs, one at a time, beating to combine after each addition. Add vanilla and pumpkin puree.

Alternate adding molasses mixture and flour mixture to butter, mixing only enough to combine. Do not over mix or the cake will be tough.

Transfer cake to a lined pan and bake for 45 minutes or until a cake tester comes out clean. Transfer to a cooling rack and cool completely before removing from the pan. Top with your favorite frosting and an optional sprinkle of pumpkin spice, ginger nibs, or pepitas.

Pumpkin Spice Muffins



Ingredients

3 cups sugar
1 cup oil
4 eggs
1 pound canned pumpkin
3 1/2 cups flour
2 teaspoons baking soda
1 [tablespoon pumpkin spice](#)
2/3 cup water

Preparation Instructions:

Preheat the oven to 325 (or 350 if you want to make this in a loaf pan).

Mix oil, sugar, and eggs in a large bowl. Add pumpkin. Sift dry ingredients together in another large bowl, and slowly add to wet ingredients. Add the $\frac{2}{3}$ cup water, little by little, as the batter gets thicker and harder to stir.

Grease and flour muffin tins (or 2 9x5 loaf pans). Bake for 30-35 minutes for muffins (or 1 hour for loaf).

Optional: Finish with a glaze (see hints) and garnish with brown sugar and shelled pumpkin seeds. Yield 16