

Market
DISTRICT

Foodie PASSPORT



Fall 2023

10 wild ways to use pumpkins! ▶

▶ All-things Oktoberfest
with Chef Alois Maierhofer

▶ Are you in the pierogi pocket? Find out!

Illustration by Jenny Neiman
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Praise to the

Gourd

10 Unconventional Uses for Pumpkin

2. Pumpkin Compost

Resist the urge to throw away rotting carved pumpkins (or the urge to forget about them until they're a pile of mush on your doorstep) and instead use them in a nutrient-rich compost.

3. Seasoned Seeds

After you're done carving your pumpkins, save those seeds! Elevate this year's seeds with a sweet, smoky or "swicy" seasoning!

- **Sweet: Maple Zing**
maple, orange zest & pumpkin spice
- **Swicy (Sweet & Spicy): Honey-Pepper**
black pepper, cayenne, cinnamon, honey & garlic
- **Smoky: Chili-Lime**
tajin, ancho/chipotle, paprika, garlic & onion

1. Pumpkin Crab Cakes

"Surf and turf" gets a brand-new meaning with this pumpkin dish. The earthy, savory-sweetness of roasted pumpkin pairs perfectly with the rich sea-saltiness of crabmeat.

Ingredients

- 1 can Lump Crabmeat
- ½ cup Libby's Pumpkin Pie Mix
- ½ cup Panko Breadcrumbs
- ¼ cup Mayonnaise
- ¼ tsp. Cayenne Pepper
- ¼ bunch Small Green Onion, chopped

Directions:

- Bake at 350°F degrees for about 20 minutes, or sauté or broil for 4 to 5 minutes per side until browned.

4. Pumpkin Bowl

Having a fall feast and want to wow your guests? Choose a small to medium pumpkin, cut off the top, remove the seeds and filling, then bake for 20-30 minutes until the flesh is soft. Then fill it up with your favorite seasonal soup, casserole or even cornbread for a dish that's just as showstopping as it is delicious!

5. Pumpkin Skincare

Jam-packed with vitamins and nutrients, pumpkin pulp makes an amazing ingredient in homemade facial masks and soaps.

Pumpkin Perks

- **Nourishes Dry Skin:** Pumpkin is packed with phytonutrients—vitamins and minerals that help moisturize dry skin and maintain a healthy level of oil production.
- **Exfoliates to Brighten Dull Skin:** Pumpkin's fruit enzymes and alpha-hydroxy acids break down dead skin cells and encourage new cell growth.
- **Can Repair Sun Damage & Fade Sunspots:** Pumpkin is rich in vitamin A, the anti-aging ingredient you'll find in retinol products.
- **Smooths Fine Lines:** You'll get a dose of vitamin C and beta-carotene with pumpkin, which support collagen production to improve skin tone and texture.

7. Dog Digestion

Full of vitamins A, C and E, plus potassium and beta carotene, pumpkins are amazing dog treats that have a variety of health benefits and contain oils and fiber that can help ease constipation and prevent diarrhea.

Treat Tips

- With a fresh pumpkin, remove the seeds and bake before serving it to your pup.
- Don't feed your dog the stringy pulp, skin or stems of a pumpkin, and never feed them carved pumpkins.
- Canned pumpkin is a great option because it has a denser concentration of nutrients since it contains less water.
- Always consult your vet before introducing something new to your pet's diet.

8. Seasonal Vases

Take your fall décor to the next level by using a hollowed-out pumpkin as a vase to display fresh or dried florals.

HOW-TO

1. Choose a small to medium size pumpkin—do not use pie pumpkins since they are harder to cut.
2. Cut the top off like you would for a jack-o'-lantern and remove seeds and pulp.
3. Rub petroleum jelly on the inside of the pumpkin—this helps keep them from rotting.
4. Add water and your favorite fall flowers: mums, cabbage, fall colored roses, etc.

9. Pickled Pumpkin

Pumpkin pickled with other fall flavors like cinnamon and clove tastes great in salads and with proteins like chicken, turkey and beef. Pickled pumpkins can even add a festive fall flair to seasonal charcuteries boards and more!



10. Sweets & Soups

Of all the uses for pumpkin, the most popular by far is to roast and use in pies and soups. Make your own pumpkin pie filling or seasonal soup by following this simple recipe.

Roast Pumpkin

1. Preheat oven to 375°F.
2. Remove the stem, cut the pumpkin in half & remove the seeds.
3. Cut the 2 halves of pumpkin into 3 to 4 inch-wide portions.
4. Season the pumpkin with olive oil, salt & black pepper.
5. Roast on a baking sheet until fork-tender, approximately 40-45 minutes.
6. Remove from oven and allow to cool for 10 minutes.
7. Remove the skin. It should just peel off, but you may need to use a large spoon to scoop out the roast pieces.

6. Pumpkin Fries

Move over sweet potatoes, there's a new fry in town! To make pumpkin fries simply remove the skin with a potato peeler, cut into strips, then coat with your choice of seasoning and bake on a cookie sheet lined with parchment paper at 350 degrees for about 30 minutes. Serve with your favorite dipping sauce and enjoy!

Filling Facts About *Pierogi*

Humble Beginnings

Pierogi first made their way to the United States in the loving arms of Polish and other Central and Eastern European immigrants in the late 19th and early 20th centuries. What started as a staple food in immigrant kitchens quickly gained popularity. Soon pierogi restaurants—known as pierogarnia—began popping up everywhere, and a national obsession was born.

Pierogi or Pierogies?

The word “pierogi” is derived from the Slavic root word for “festival.” And no, you don’t say “pierogies” if there are more than one; the word pierogi is already plural. The singular form is “pierog” but—as any pierogi lover knows—you’re rarely eating just one to begin with!

Pierogi Records & Fun Facts

- **Largest Pierogi Statue:** 25-feet tall, 6,000 pounds in Glendon, Alberta, Canada
- **Largest Edible Pierogi:** 92 pounds
- **Most Pierogi Made:** 1,663 in 100 minutes
- **Patron Saint of Pierogi:** Saint Hyacinth
- **Most Expensive Pierogi:** In 2005 a woman saw the image of Jesus Christ in a pierogi she made. It later sold on eBay for \$1,775!

In The Pocket

Pierogi are enjoyed across the United States, but over 68 percent of annual US pierogi consumption occurs in an area that includes New York, New Jersey, Pennsylvania, Ohio, Indiana, Chicago, Detroit, parts of the northern Midwest and southern New England. This area is affectionately known as the “Pierogi Pocket”. Pittsburgh has even taken its love for pierogi to the next level, holding a pierogi festival and a pierogi race during every home Pirates game after the 5th inning. During this race, contestants with names like Sauerkraut Saul, Cheese Chester, Jalapeno Hannah, Oliver Onion and Bacon Burt compete for the ultimate pierogi prize.

*October 8 is
National Pierogi Day*

Check out some pierogi brands we love!

Jaju Pierogi

Inspired by the founders’ grandpa and made from scratch with simple ingredients.



Perla Pierogies

Local to Cleveland, OH, and always prepared the old-world way.

Gosia’s Pierogies

Made by a husband-and-wife team with a family-inspired recipe.



Dumpling

Download

A universal and culture-spanning comfort food, dumplings are a deceptively simple dish that has become a staple in households everywhere.

Jamaican Meat Patty Caribbean

A semicircular pastry that contains various fillings and spices baked inside a flaky shell, often tinted golden yellow with an egg yolk mixture or turmeric.

Empanada Latin American

A Spanish or Latin American pastry turnover filled with a variety of savory ingredients and baked or fried.

Runsas German

A yeast-dough bread pocket with a filling consisting of beef, cabbage or sauerkraut, onions and seasonings.

Pasty English

A British baked pastry, a traditional variety of which is particularly associated with Cornwall, Southwest England, but has spread all over the British Isles. It is made by placing an uncooked filling, typically meat and vegetables, in the middle of a flat shortcrust pastry circle, bringing the edges together in the middle, and crimping over the top to form a seal before baking.

Ravioli Italian

Thin pasta dough with a filling. Typically square shaped.

Kanish Eastern European

Made of a stuffing wrapped with dough—baked or fried. The most traditional recipe is the potato knish recipe, with a stuffing consisting of mashed potatoes with fried onions, sauerkraut, kasha, minced meat, onions or cheese.

Baozi Chinese

A type of yeast-leavened filled bun in various Chinese cuisines. There are many variations in fillings (meat or vegetarian) and preparations, though the buns are most often steamed.

Samosa Indian

A triangular fried or baked pastry with a savory filling, such as spiced potatoes, onions, peas, lentils and minced meat (lamb, beef or chicken).

Mandu Korean

Made using a choice of meat such as pork or beef, and other ingredients such as garlic, chives and ginger. They are steamed, boiled, put in soup, pan-fried or deep-fried.

Gyoza Japanese

Wonton wrappers stuffed with pork and cabbage. You can pan-fry, steam, boil or deep-fry them, or simply add a couple to your noodle soup.

Pot Sticker Asian

A type of dumpling that most likely originated in China. They can hold a variety of fillings but are often filled with pork. They are pan-fried and steamed, resulting in a crisp, golden-brown base with a tender dumpling top.

Fall for



*An Afternoon
With Chef Alois Maierhofer
Green, OH Market District*

Born in Austria and trained all around Europe, Chef Alois Maierhofer is our in-house expert on all things Oktoberfest. Celebrating German culture, traditions, food, friends and, of course, beer, this giant fall festival brings together people of all ages from all over the world.



Prost With the Most

While Oktoberfest isn't entirely about beer, over 6.5 million liters of beer are consumed each year during the festival. Served in 1 Liter glasses called Maß (pronounced mass), servers inside the often-enormous halls can sometimes hold up to 18 beers at a time.

Fest With the Best

Equally as important as beer at Oktoberfest, is the food. According to Maierhofer, each year, approximately:

- 125 whole oxen are roasted.
- 97,700 pounds of fish are grilled.
- 80,000 pork shanks are roasted.
- 500,000 Wiesen Hendl (rotisserie chicken) are grilled.
- 200,000 sausages are cooked.
- 50,000+ gingerbread hearts are sold.

That may seem like a lot of food but some of the larger dining halls at the festival can hold up to 12,000 hungry people!

Chef Alois' Market District Oktoberfest Faves

To Eat

- Rotisserie Chicken
- Fresh Giant Eagle Bratwurst
- Cleveland Kraut
- Original Sweet Mustard - Inglehoffer

To Drink

- Riesling Dry - Mosel
- Paulaner - Salvator - from Munich
- Paulaner - Weizen Radler Non-Alcoholic - from Munich
- Hofbrau - Hefe Weizen

Heaven on Earth

When asked what it's like cooking and enjoying German food at home Maierhofer said, "It's like being in Heaven on Earth." Bring a little bit of that heaven home with you this year with some of Chef Maierhofer's favorite Market District ingredients and a traditional recipe.

Wiener Schnitzel

Ingredients

- 4 veal cutlets, 5 - 6 oz. each (alternatively, use pork or turkey)
- 2 eggs
- $\frac{3}{4}$ cup coarse-ground flour
- $\frac{3}{4}$ cup breadcrumbs
- Salt, pepper
- Clarified butter and/or plant oil
- Slices of lemon, to garnish

Directions

1. Lay out the cutlets, remove any skin and beat until thin. Season on both sides with salt and pepper. Place flour and breadcrumbs into separate flat plates, beat the eggs together in a bowl using a fork.
2. Coat each schnitzel on both sides in flour, then draw through the beaten eggs, ensuring that no part of the schnitzel remains dry.
3. Coat schnitzel in the breadcrumbs and carefully press down the crumbs using the reverse side of the fork (this causes the crumb coating to "fluff up" better during cooking).
4. In a large pan (or 2 medium-sized pans), melt enough clarified butter for the schnitzel to be able to swim freely in the oil (or heat up the plant oil with 1-2 Tbsp. of clarified butter).
5. Only place the schnitzel in the pan when the fat is so hot that it hisses and bubbles up if some breadcrumbs or a small piece of butter is introduced to it.
6. Depending on the thickness and the type of meat, fry for between 2 to 4 minutes until golden brown. Turn using a spatula (do not pierce the coating!) and fry on the other side until similarly golden brown.
7. Remove the crispy schnitzel and place on a paper towel to dry off. Dab carefully to dry the schnitzel. Arrange on the plate and garnish with slices of lemon before serving.
8. Serve with parsley potatoes, rice, potato salad or mixed salad.





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