

**Fettuccine with Pumpkin, Pancetta and Sage Cream Sauce**

Serves 4

**NOTE:** Cutting and peeling a raw pumpkin can be difficult. An alternative to the recipe above is to roast the pumpkin and then peel and cube it, then add it into the skillet in step #3 just to warm it when the sauce is finished cooking. It will shorten the cooking time by about 15 minutes.

*To roast the pumpkin: Preheat your oven to 400°F. Cut the stem off of the top of the pumpkin, and slice the pumpkin in half from top to bottom. Place on a baking sheet cut sides down and bake for 25 to 35 minutes, depending on the thickness of the pumpkin. Remove and let cool to the touch. The skin will easily peel off; discard the skin and cut the pumpkin flesh into chunks. (This step can be done ahead. Refrigerate the pumpkin until you are ready to use.)*

4 ounces pancetta, diced into ¼-inch cubes  
 1 medium sweet onion, halved and thinly sliced  
 1 sugar pumpkin (about 3 pounds), peeled and halved, seeds removed, cut into ¾-inch cubes, raw or pre-roasted and peeled (see Note)  
 1 tablespoon finely chopped fresh sage  
 ¼ teaspoon ground allspice  
 1 ½ cups low-sodium chicken stock  
 3 tablespoons heavy cream  
 Kosher salt and freshly ground pepper  
 1 pound fresh fettuccine  
 ½ cup finely grated parmesan cheese, plus more for serving  
 2 tablespoons hulled raw pepitas (pumpkin seeds), toasted, for garnish

1. Bring a large pot of water to a boil; add salt.
2. Heat a large skillet over medium heat. Add the pancetta and cook until it is almost crisp, about 5 minutes. Using a slotted spoon, transfer the pancetta to a plate lined with paper towels; let drain.
3. Add the onion to the skillet. Cook until soft, around 8 minutes. Add the pumpkin, sage, ½ teaspoon salt, and allspice. Cook, stirring occasionally, 5 minutes. Add the stock and cream; bring to a boil. Reduce heat to medium-low, and simmer until pumpkin is soft and sauce has thickened slightly, about 25 minutes. Season with salt and pepper to taste.
4. In a small bowl toss together the pepitas with the oil and generously season with salt and pepper. Spread the mixture evenly on a rimmed baking sheet. Bake the pepitas until golden brown, about 6 minutes.
5. Meanwhile, add the pasta to boiling water, and cook until al dente. Drain the pasta, and add directly to the skillet. Add the cooked pancetta and parmesan, and toss to combine. Divide among bowls. Serve with more parmesan on the side, and garnish with the roasted pepitas.

*Recipe courtesy of Sur La Table Chef Lynne Just*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*

