

All-Purpose Pumpkin Puree

With this recipe and the variations of pumpkins, you can estimate getting a few cups of pumpkin puree from this recipe. It's worth making this puree and freezing it so when you're ready to use it, you can just pull it from the freezer to thaw. Perfect for soups, adding into smoothies, oatmeal, chili, blended into ricotta for a suped-up veggie lasagna, or even IN A PUMPKIN PIE! For reference, one 15-ounce can of pumpkin puree holds about 1¾ cups of puree.

INGREDIENTS

2 whole sugar pumpkins
Olive oil

Sweet potato, butternut squash, and red kuri squash are all great substitutes for pumpkin puree in recipes. Sweet potatoes will roast faster and so will smaller squash, but the method is the same: halve, roast facedown, scrape the flesh off the skin and puree it until smooth.

DIRECTIONS

Select a couple of small-ish pumpkins. Cut the pumpkin in half. With a spoon or a scoop, scrape out the seeds and pulp from the center. You don't have to be too thorough with this.

Place all the seeds into a bowl (you can roast them later and make pepitas). Repeat until all the pumpkin pieces are largely free of seeds and pulp.



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



DIRECTIONS

Place pumpkin pieces on a baking sheet (face up or face down; I've done both) and roast in a 350-degree oven for 45 minutes, or until pumpkin is fork-tender. They should be nice and light golden brown when done.

Using a metal spoon, scrape the pumpkin flesh away from the skin.

Using a food processor, pulse the pumpkin until smooth (or you can simply mash it up with a potato masher). If it looks too dry, add in a few tablespoons of water during the pulsing to give it the needed moisture. If the puree is overly watery, you should strain it on cheesecloth or over a fine mesh strainer to get rid of some of the liquid.

Dump the pureed pumpkin into a bowl and continue pureeing until all the pumpkin is done.

You can either use this immediately in whatever pumpkin recipe you'd like or store it in the freezer for later use. To store in the freezer, spoon about 1 cupful of pumpkin into each plastic storage bag. Use your hands to flatten out the pumpkin inside the bag and push out the air. Store them flat in the freezer until you need them.

Market Shopping List

- Sugar pumpkins - 18th Century Purity, Bluebird Hill, Colgan, Riverview
- Alternate varieties of squash & sweet potatoes - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, Easy Pickin', Oxen Hill, Riverview



HIGHLAND PARK MARKET OF COVENTRY IS THE PRINCIPAL SPONSOR OF THE COVENTRY FARMERS' MARKET.