



PREPARING THE PIE PUMPKIN

www.hillsharvest.com
3225 E 124th Ave
Thornton, CO 80241
303-451-5637

Start by removing the stem with a sharp knife, cut in half with a sharp knife, remove the stem and scoop out the seeds and scrape away all of the stringy mass.

Cooking the Pumpkin

Boiling/Steaming Method: Cut the pumpkin into rather large chunks. Rinse in cold water. Place pieces in a large pot with about a cup of water. The water does not need to cover the pumpkin pieces. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Check for doneness by poking with a fork. Drain the cooked pumpkin in a colander.

Oven Method: Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin, cut side down on a large cookie sheet. Bake at 350°F for one hour or until fork tender.

Microwave Method: Cut pumpkin in half, cover with plastic wrap, place cut side down on a microwave safe plate or tray. Microwave on high for 15 minutes, check for doneness. If necessary continue cooking at 1-2 minute intervals until fork tender.

Preparing the Puree

When the pumpkin is cool enough to handle, remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree. Pumpkin puree freezes well. To freeze, measure cooled puree into one cup portions, place in ridged freezer containers, leaving ½ inch head space or pack into zip closure bags. Label, date and freeze at 0°F for up to one year.

