



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## PUMPKIN PURÉE



You'll never go back to canned pumpkin once you try this easy and fresh pumpkin purée!



01 HR 10 MINS



Serves 2



Featuring

[A. Cozzolino Nursery](#)  
[Resendiz Farms](#)

INGREDIENTS

- 1 or 2 small sugar pie pumpkins
- 1 tablespoon melted butter or olive oil

## METHOD

Cut pumpkins in half and clean out seeds and string.

Cover a baking sheet with parchment paper. Brush a little melted butter or olive oil on cut edges of the pumpkin. Place pumpkin cut side down on baking sheet.

Cook for 1/2 to 1 hour, depending on size of the pumpkin, until soft to the touch. Cool by flipping cut side up on baking sheet. Remove pumpkin skin. Cut into pieces and put through a food processor or blender until mixture is smooth.

Use fresh purée for pumpkin pie, bread, or [cookies](#). To store, scoop into containers and freeze. After defrosting, spoon into a strainer and let drain to ensure it isn't watery.

**[Don't toss those pumpkin seeds](#)**