



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

## 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

Preheat the oven to 350°F.

Cut the pumpkins in half and clean out the seeds and string. Cover a baking sheet with tin foil. Brush a little melted butter on the cut edges of the pumpkin. Place the pumpkin cut side down on the baking sheet.

Cook for about 1/2 to 1 hour, depending on the size of the pumpkin,

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until the pumpkin is soft to the touch. Cool by flipping the cut side up on the baking sheet. Remove the pumpkin skin. Cut into pieces and put through a food processor until the mixture is smooth.

Use this lovely fresh purée for your next pumpkin pie or pumpkin bread. Or scoop into containers and freeze. After defrosting, you might need to spoon into a strainer and let drain to ensure it isn't watery.

Don't toss those pumpkin seeds! Roast and season them for a healthy, vitamin-rich snack.