

Pumpkin Puree

1 pumpkin*

1 cup water

Directions:

1. Cut the pumpkin in half.
2. Remove the seeds and stringy bits that hold the seeds to the pumpkin.
3. Cut into small slices.
4. Cut the skin off the pumpkin.**
5. Put the pumpkin pieces into an oven safe dish with a cupful of water.
6. Bake at 350° until the pumpkin can be easily mashed with a fork.
7. Take the pumpkin out of the oven and drain off excess water.
8. Press the pumpkin through the holes in a colander to mash into a puree. Or use a food processor, blender, or emersion blender make a smooth puree.

*Use a pumpkin variety that is specifically for cooking such as pie pumpkin, sugar pumpkin, or a Long Island Cheese pumpkin. This process can be used for other winter squash such as a butternut squash.

**This can be done after the pumpkin is baked as well.

Long Island Cheese pumpkin seeds are available at:

Johnny's Selected Seeds:

<https://www.johnnyseeds.com/vegetables/pumpkins/specialty-pumpkins/long-island-cheese-pumpkin-seed-2051.html>

Pinetree Garden Seeds: <https://www.superseeds.com/products/long-island-cheese-squash-90-days>

Seed Savers: <https://www.seedsavers.org/long-island-cheese-organic-squash>