

Pumpkin Puree from Scratch

Fresh pumpkin is tasty and much healthier than the canned alternative. It's also fairly easy to make and you can freeze portions to use at a later date, making it a cost effective option for pumpkin puree.

Ingredients Needed:

- Pumpkin

Also, keep on hand a cutting board, sharp knife, metal spoon, 2 large bowls and baking pan. You will also need a hand blender or food processor to make the puree.

Step 1: Preheat oven

Preheat the oven to 350 F.

Step 2: Cut and Clean the Pumpkin

Start by cutting the pumpkin in half.



Then use a metal spoon to scoop out all the seeds and pulp. Save the seeds for roasting!



Once the pumpkin is clean, cut the pumpkin into smaller pieces.



Place the pieces on a baking sheet.



Step 3: Bake Pumpkin Pieces

Place the pumpkin pieces in the oven for about 1 hour. The skins and flesh of the pumpkin will be fairly soft when they are done.



Step 4: Remove Skins

Remove the skins from the pumpkin pieces and set the flesh aside.



Step 5: Puree

Now you're ready to puree your pumpkin. I'm using a hand blender below, but you can use a food processor if you prefer.

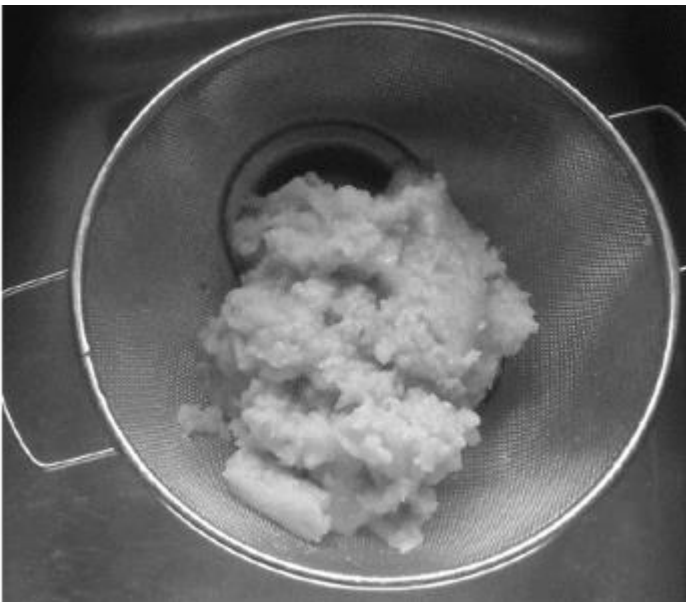


Puree until smooth.



Step 6: Strain

You can start using your pumpkin puree right away, but if you are using it as a pie filling, I recommend straining the puree for a few hours. You can simply place it into a strainer and discard the juices.



Step 7: Use or Freeze

Your puree is now ready to use. If you aren't using it all, you can store it in freezer bags. Try to freeze it portions that are suitable for your recipes, so don't have to thaw more than you need. To thaw, leave in refrigerator overnight.

