

How to cook fresh Pumpkin

- Pre-heat the oven to 500° F
- Wash the pumpkin.
- Cut the pumpkin open and clean out the inside.
- Cut pumpkin into large pieces and put it in a large roasting pan.
- Add a ½ to 1 inch of water and bake until tender.
- Let the cooked pumpkin cool completely.
- Once cooled, peel off the rind.
- Use a blender or food processor to puree the pumpkin.
- Drain the pumpkin in a strainer to remove as much water as possible.
- Now you can use the pumpkin in cooking or baking.
- Excess pumpkin can be stored in a sealed container in the freezer.

