

HOW TO COOK PUMPKIN

Select a full-colored, mature pumpkin, remove top, and discard pulp and seeds. Cut into 3 or 4 inch pieces. Simmer covered in boiling water 15-20 minutes until tender or bake in preheated 350 degrees oven skin side up in baking pan with ½ cup water, covered 45-50 minutes. Cool completely. Trim off skin and mash or puree in food processor.

NOTE: Recipes calling for pumpkin puree may also be made with canned pumpkin. One 16 oz. can contains 2 cups puree.