

Cooking Pumpkin

4 ways to try at home from Cooking Light

Methods 1 and 2

Method 1: Basic Baked: Place halved pumpkin, cut sides down, in a 350° oven for 1 to 2 hours or until tender. Cool, then scrape out the tender flesh with a spoon; discard rind.

Method 2: Boil: Halve and peel pumpkin, then cut the flesh into uniform cubes and boil until tender, 15 to 30 minutes, depending on size of cubes.



Methods 3 and 4

Method 3: Microwave: Place pumpkin pieces in a glass bowl; cover with microwave-safe plastic wrap. Cook on HIGH until tender, about 15 minutes. Move the pieces around twice during cooking. Cool, then scrape out the tender flesh with a spoon; discard rind.

Method 4: Roast Whole: Follow the first two prep steps on page 81 to hollow out the pumpkin. Roast in a preheated 350° oven for 1 to 2 hours or until tender. You can scoop out the flesh or use the pumpkin as a vessel for cooked rice or couscous stuffing.



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Adapted from Cooking Light

Select and Prep

Carving pumpkins are not really eating pumpkins

Small, thinner-skinned eating varieties are grown for sweetness and flavor that the more fibrous jack-o'-lantern pumpkins lack. So if you're cooking fresh rather than canned, look for varieties like Small Sugar, New England Pie, and Long Island Cheese (which got its name from its wheel-of-curds shape and cooks beautifully). Sure, you can eat the carving kind, but it will taste more like potato than pumpkin.

Select a good one

Look for a deep, rich, uniform color—no green or light tan spot where it rested on the ground—and a healthy, stiff stem. Avoid any pumpkin with soft spots. Farmers' markets will usually yield the freshest options.

Pumpkin prep

Step 1: Place pumpkin on a steady surface, stem side up. Use a small knife to cut around the stem, about 2 inches out.



Step 2: Scoop out stringy fibers and seeds; toss the fibers. Rinse and save the seeds to toast.



Step 3: Cut the pumpkin in half using a heavy chef's knife. Scrape the flesh with a spoon to remove any remaining fibers.