



Recipe Category / Vegetables

# Pumpkin Puree

**30'**  
Hands on

**150'**  
Cook Time

**500 g**  
Portion(s)

**1**  
Difficulty



## Ingredients

- 1 pumpkin
- 200 g water

## Διατροφικός πίνακας

Nutrition information per portion

36 Calories (kcal)	0.0 Total Fat (g)	0.2 Saturated Fat (g)	5.5 Total Carbs (g)
2%	0%	1%	2%
4.2 Sugars (g)	1.9 Protein (g)	1.2 Fibre (g)	0.0 Sodium (g)
5%	4%	5%	0%

## Method

- In order to cut the pumpkin, start by carving a deep square, about 2 cm around the stem.
- Press down on the stem so that it falls inward.
- Use a knife to cut the pumpkin in to slices, starting from the top.
- Clean each slice from any pulp or seeds by scraping lightly with a spoon.
- Place the pumpkin slices upright, on 2 large baking sheets (peel side down on the baking sheet).
- Cover each baking sheet with parchment paper and aluminum foil. Bake at 180\* (350°F) for 2 - 2 1/2 hours.
- Remove from oven. Using a large spoon remove the flesh of the pumpkin and place it in a strainer so all of the juices can drain for 12 hours.
- Separate the puree in to portions. Can be stored in an air tight container in the freezer for months.

## Tip

It's best if the puree is placed in a cheesecloth and allowed to strain all of its juices in to a bowl, in the refrigerator for 1 day.