



JERNEJ KITCHEN

SIMPLE PUMPKIN PUREE

A simple guide on how to make a simple pumpkin puree (or any squash puree) from three types of pumpkin/squash. With tricks, uses and freezing tips.

MAKES	500	G / 17.6 OZ PUMPKIN PUREE (APPROX.)
PREPARATION:	5	MINUTES
BAKE:	55	MINUTES
TOTAL TIME:	60	MINUTES

SIMPLE PUMPKIN PUREE

1 kg pumpkin or squash (35 oz)
(Musquee de Provence Pumpkin or
Butternut squash or Red kuri /
Hokkaido Squash)

TOOLS AND EQUIPEMENT

kitchen knife
speed peeler
cutting board
large baking sheet
parchment paper
immersion blender

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SIMPLE PUMPKIN PUREE

Preheat your oven to 180 °C / 355 °F. First pick a pumpkin or squash you want to use. If you need a more silky puree, use Musquee de Provence Pumpkin, if you need a very versatile puree, use Butternut squash and if you want a thick, rich puree, use Red kuri or Hokkaido squash. Using a speed peeler peel the pumpkin or squash. Remove the seeds and the core. Cut the pumpkin on cubes, approx. 2 cm x 2 cm or 1-inch x 1-inch.

TIP

When you cut the pumpkin in half, be very careful not to cut yourself. The pumpkin releases a lot of juices and becomes slippery, so make sure to have in firm on your working surface. It's best to place the pumpkin on top of the paper towel or kitchen cloth.

BAKE THE PUMPKIN OR SQUASH

Line your baking sheet with parchment paper. Add the cut pumpkin or squash. Bake for about 50 - 60 minutes at 180 °C / 355 °F or until the pumpkin (or squash) is soft. Make sure it doesn't get all brown on top (that means that the vegetable over caramelizes) or it will be a bit bitter. Remove from the oven.

TIP

Don't overcrowd the baking sheet with pumpkin cubes. It's better if they aren't on top of each other.

BLEND INTO A BEAUTIFUL PUREE

While the pumpkin cubes are still hot, blend them into a smooth puree, using an immersion blender. Make sure there

aren't any pieces left. It will take about 5 minutes. It's important to blend the pumpkin while it's still hot, because the steam will evaporate which will result in a creamy puree, instead of a watery, which we don't want.

TIP

You can use a blender if you are using Musquee de Provence Pumpkin otherwise it will be very hard to blend.

STORING AND USES

Let the pumpkin (or squash) puree come to room temperature. Then use it immediately in a dish you want to cook or bake or store it in an airtight container for up to three days in a fridge. If you want to store it for up to 3 months, then put it in freezer bags and freeze.