

How to prep a pie pumpkin!



What you need:

1 pie pumpkin
1 Tbsp. oil
Salt and pepper



Preheat oven to 350°F. Line 2 baking sheets with aluminum or parchment. Using a sharp knife cut the pumpkin in half lengthwise. Then carefully remove seeds and scrape strings with a sharp spoon or ice cream scoop. Coat the flesh in oil using your hands and season with salt and pepper. Place flesh down on the baking sheet and pierce the skin a few times with a fork or knife. This will let steam escape. Bake for 45-50 minutes or until tender. When a fork easily pierces the skin, its ready! Remove pan from the oven and let cool for 10 minutes. Scoop out pumpkin and reserve to use in cakes, baked goods, soups etc! You can also freeze your pumpkin pure to use at a later time!

Pumpkin Cornbread!

Ingredients: 6 tablespoons butter, softened or oil/ ¼ cup honey /1 cup pureed pumpkin/ 1 cup buttermilk/ 2 eggs/ 2 ½ cups cornmeal/ 1 cup (whole wheat) flour/ 2 teaspoons salt/ 1 Tbsp. baking powder/
Optional: 1 tsp. cinnamon/ 1 tsp. nutmeg

Method: Preheat oven to 350°F. Combine butter (or oil), honey, and pumpkin in a large mixing bowl and cream well using a whisk or mixer. Add buttermilk and eggs, and whisk until incorporated. In a separate bowl, combine cornmeal, flour, baking powder, spices (optional) and salt. Add dry ingredients to the wet mixture and mix until incorporated. If the mixture seems dry add a little more buttermilk or milk until smooth and moist. Pour the batter into a 1 or 2 oiled baking pans (pyrex, bread pans cast iron skillets or cake pans work great!). Bake for 20-25 min or until a toothpick inserted in the center comes out dry.



Pro-tip :: How to make buttermilk

Mix 1 cup of milk with 1 Tbsp. lemon juice or white vinegar. Allow to sit at room temperature for 10-15 min. Then use as buttermilk!

