

## Pumpkin and Squash Puree Recipe

### For this recipe, you'll need these ingredients:

- Your selected squash or pumpkin
- Olive oil
- Butter
- [Garlic](#) (whole cloves)
- [Fresh thyme](#)
- Cream or vegetable/chicken stock
- Salt & pepper
- A knife suitable for cutting through the thick walls of your squash

### Directions:

Cut your pumpkin or squash in half, down the middle from top to bottom.

Scoop out the insides, including the seeds and fibrous pulp.

Once you've scooped the insides of your halves, clean them and rub lightly with olive oil. Sprinkle the olive oil coated insides with both salt and pepper.

Select a generous amount of fresh thyme to stuff inside the halves.

Break off 2-3 cloves of garlic from your bulb and peel off the outermost layers of skin before smashing the cloves with the flat side of your knife. This helps to release some of the flavors. Place the smashed cloves inside the pumpkin/squash halves with your fresh thyme.

Place a flat pan against the cut side of the squash before flipping the entire thing over, leaving the squash/pumpkin face down on the pan.

Bake your squash halves at 375° for around 35-40 minutes, depending on size. Check it periodically for softness. If you desire, you can add a small amount of water to the pan in order to create some steam.

When you can press into the squash easily with a light touch, it's ready to come out of the oven.



Loosen the squash from the pan by gently working a knife or small spatula underneath the edges.

When you flip the squash over, the insides should be completely soft and moist.

Scoop the thyme and garlic cloves out of the squash. Deposit some of the thyme leaves along with the whole cloves of garlic and some of the liquid from inside the squash into the bottom of a blender.

Scrape the softened flesh of the squash into the blender.

Add a small pad of butter (1-1 1/2 tablespoons).

Blend and stir periodically until well blended.

Add a small amount of cream along with salt to taste and blend until it reaches a smooth, creamy consistency.

Ta-da! A creamy, flavorful puree for your use. Add a little chicken or vegetable stock to make it into a soup, or use it as a topping for a meat dish.

This recipe is mainly for use directly after, though if you'd like to freeze it, simply omit the butter and cream and pack into freezer containers with a small amount of space left at the top for expansion. To use, defrost and blend together with the butter and small amount of cream or vegetable/chicken stock, and it will be ready to use once more.

**NOTE:** If you would like to can squash or pumpkin, a different method altogether is required. Instead of being pureed, canned pumpkin or squash must be cubed.

**Dried Pumpkin/Squash Instructions:** Wash and dry pumpkin or squash, remove seeds, stringy flesh, and skin. Cut into small pieces, 1" wide by 1/8" thick strips. Blanch over steam for 3 minutes then dip into cold water to stop blanching action, drain excess moisture. Dry in electric dehydrator. You can also dehydrate in the oven on cookie sheet, placed on low/warm (140-150 degrees) with the door propped open to allow moisture to be removed for 10-16 hours. Grind the dried pieces in a food processor and store in an airtight jar. To reconstitute, use 1 part pumpkin to 2 1/2 part water.

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