



# How to Cook a Pumpkin for Purée

## My First Pumpkin Mishap

I remember my first time cooking a pumpkin. I was so nervous. I tried to cut it with a tiny little knife. What a silly mistake. I still laugh at that.

You need a big, strong knife for the job. A sharp one makes it much safer. Always ask an adult for help with this part. It makes the whole process a lot more fun.

## Getting Your Pumpkin Ready

First, cut your pumpkin in half. Scoop out all the seeds and stringy bits. Save those seeds for later. They make a tasty snack.

Rub the inside with a little oil. I like coconut oil. A tiny pinch of salt makes the flavor pop. Doesn't that smell amazing already? This step matters because the oil helps the pumpkin get soft and sweet.

## The Magic of Roasting

Place the halves face-down on a baking sheet. The oven should be nice and hot, at 425 degrees. Now, we wait. The smell will fill your whole house.

Roasting can take over an hour. You will know it's done when a fork slides in easily. This slow cooking brings out the pumpkin's natural sugar. That's why it tastes so good.

## Turning Pumpkin into Purée

Let the pumpkin cool until you can touch it. Then, just scoop the soft flesh away from the skin. It should come off very easily. It feels so satisfying.

Put all that soft pumpkin into a blender. Blend it until it is perfectly smooth. Now you have your very own purée. What is the first thing you would bake with it?

## Keeping Your Purée Perfect

You can keep the purée in the fridge for a week. I like to put mine in a glass jar. You can also freeze it for months. This way, you have a taste of autumn anytime.

*Fun fact:* The big pumpkins for carving are not the best for cooking. Smaller "sugar pumpkins" are much sweeter and have a better texture

for purée.

Making your own purée matters. You know exactly what is in your food. No extra ingredients. Did you save your seeds to roast? I can tell you how if you'd like.



## How to Cook a Pumpkin for Purée

**Ingredients:**

<b>Ingredient</b>	<b>Amount</b>	<b>Notes</b>
Whole Pumpkin	1	
Neutral Oil	2 Tablespoons	Preferably coconut or olive oil. Smaller pumpkins may require less.
Salt	A pinch	Optional





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## My Cozy Kitchen Pumpkin Purée

Hello, my dear. Come sit with me for a moment. I want to share my favorite pumpkin purée recipe. It fills the whole house with a warm, happy smell. Doesn't that smell amazing? It is so much better than the kind from a can. This tastes like real autumn.

See also [Homemade Iced Tea Recipe Better Than Store-Bought](#)

We start with a good, whole pumpkin. Any kind will do just fine. I like the sugar pie pumpkins best. They are small and very sweet. My grandson calls them "baby pumpkins." I still laugh at that. Let's get our hands a little messy, shall we?

**Step 1:** First, we need to cut the pumpkin in half. Please be very careful with that knife. Ask a grown-up for help if you need to. A sharp knife is actually safer than a dull one. It will slide right through the tough skin.

**Step 2:** Now, take a big spoon. Scoop out all the seeds and stringy bits from the middle. Do not throw those seeds away. We can roast them later for a crunchy snack. Rub the inside with a little olive or coconut oil. A tiny pinch of salt makes it taste even sweeter.

**Step 3:** Place the pumpkin halves face-down on a baking sheet. I always line my pan with parchment paper. (This is my hard-learned tip. It saves you from a sticky, messy clean-up!). This way, the pumpkin steams and gets wonderfully soft.

**Step 4:** Pop the pan into a hot oven, 425 degrees. It needs to roast for a good long while. You will know it is done when you can easily poke it

with a fork. The bigger the pumpkin, the longer it takes. **What's your favorite thing to bake on a chilly day? Share below!**

**Step 5:** Let the pumpkin cool just until you can touch it. Then, use your spoon to scrape the soft flesh away from the skin. It should come off in big, creamy chunks. The skin will look empty and thin. I always think it looks like a little boat.

**Step 6:** Put all those lovely pumpkin chunks into a blender. Blend it until it is perfectly smooth. Watch it turn into a beautiful, orange purée. It is like mixing up sunshine.

**Step 7 & 8:** You can keep your purée in a jar in the fridge. Or you can freeze it for a taste of autumn later. I love having some ready for a cold January day. It brings back such happy memories.

**Cook Time:** 1–1.5 hours

**Total Time:** About 2 hours

**Yield:** About 3-4 cups

**Category:** Basics, Side Dish

## Three Tasty Twists for Your Purée

This purée is wonderful all on its own. But sometimes, I like to play with the flavors. It is fun to make it a little different each time. Here are a few of my favorite ideas for you to try.

See also [Easy Homemade Margherita Focaccia](#)

**Sweet & Cozy:** Add a spoonful of maple syrup and a dash of cinnamon before you roast it. Your kitchen will smell like a holiday.

**Savory & Earthy:** Rub the pumpkin with a little garlic powder and rosemary. It becomes so warm and comforting.



**A Little Kick:** Try a tiny sprinkle of smoked paprika with the oil. It gives a wonderful, smoky flavor. **Which one would you try first?**  
**Comment below!**

## Serving Your Pumpkin Creation

So, what can you do with this lovely purée? Oh, so many things. You can swirl it into warm oatmeal for breakfast. It makes the creamiest, most delicious soup. Or you can bake it into pies and muffins.

I love it best as a simple soup. I just heat the purée with some vegetable broth. A little dollop of cream on top is pure luxury. For a drink, a cold glass of apple cider is perfect. My husband prefers a warm mug of spiced rum on a cold night. **Which would you choose tonight?**



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## Keeping Your Pumpkin Purée Perfect

Let's talk about storing your lovely purée. It will keep in the fridge for about a week. I always use a clean glass jar for this. For longer storage, the freezer is your best friend.

Scoop the purée into a freezer bag. Lay the bag flat to freeze it. This saves so much space in your freezer. You can break off a piece whenever you need it.

I remember my first big batch of purée. My freezer was full of little orange bags. It felt like having sunshine saved for a rainy day. That is why batch cooking matters. It gives you a head start on future meals.

Have you ever tried storing it this way? Share below!

## Simple Fixes for Common Pumpkin Problems

Is your purée too watery? This happens sometimes. Just put it in a fine strainer for an hour. The extra water will drip right out.

Is the pumpkin not soft after roasting? It might need more time. Just put it back in the oven. I once took mine out too early. I learned to always check with a fork first.

Are you struggling to cut the pumpkin? Please be very careful. A sharp knife makes this job much safer. Getting it right builds your cooking confidence. A good texture also makes your pies and soups taste better.

Which of these problems have you run into before?

## Your Pumpkin Purée Questions Answered

**Q: Is this purée gluten-free?**

**A:** Yes, it is just pure pumpkin. It is perfect for gluten-free baking.

See also [Hearty Quick Turkey Chili for Cool Days](#)

**Q: Can I make it ahead?**

**A:** Absolutely. Make a big batch and freeze it. This saves you time later.

**Q: Can I use a different oil?**

**A:** You can use any oil you like. Avocado or vegetable oil works well too.

**Q: What if I want to double the recipe?**

**A:** Just use a bigger baking sheet. The roasting time might be a little longer.

**Q: Is the salt necessary?**

**A:** No, it is optional. It just helps bring out the pumpkin's sweet flavor.

*Fun fact: The stringy pulp inside a pumpkin is called "slime." Which tip will you try first?*

## From My Kitchen to Yours

I hope you love making this purée. It is such a simple, happy thing to do. Seeing that golden color always makes me smile.

I would be so thrilled to see your creations. Share a picture of your finished purée. You can even show me what you bake with it.

Have you tried this recipe? Tag us on Pinterest! Happy cooking!

—Elowen Thorn.

*You need to try !*

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[Savorydiscovery.com](http://Savorydiscovery.com)





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Author: Elowen Thorn



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Difficulty: **Beginner**



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Prep time: **10 minutes**



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Cook time: **1 hour 30 minutes**

Rest time:



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Total time: **1 hour 40 minutes**





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Servings: **Varies cups**

Calories: **196 kcal**

Best Season: **Summer**

## **Description**

Learn how to roast a whole pumpkin to create a smooth, homemade

purée perfect for pies, soups, and other delicious recipes.

## Ingredients

- ☐ 1 Whole Pumpkin
- ☐ 2 Tablespoons Neutral Oil, Preferably coconut or olive oil
- ☐ A pinch of salt, optional

## Instructions

1. Cut the pumpkin in half.
2. Scoop out the seeds using a large spoon. Rub the flesh of the pumpkin with oil, I prefer coconut or olive oil. You can also add a sprinkle of salt.
3. Place the pumpkin cut side down on a baking sheet lined with parchment paper.
4. Place the sheet pan on the top rack of a 425 degree oven. Roast for one to one and a half hours, or until soft. The roasting time will depend on the size of the pumpkin.
5. If you are planning to puree the pumpkin, let it cool slightly before scraping the pumpkin off of the skin.
6. Add the roasted pumpkin to a food processor or blender and blend until smooth.
7. Add your pumpkin puree to a jar and store in the fridge for up to a week or use in recipes right away.
8. Freeze pumpkin puree by adding it to a Ziploc or freezer-safe bag. It can be stored in the freezer for up to a year, but is best if used within 6 months.

## Notes

Smaller pumpkins may require less oil than large pumpkins.

Keywords: Pumpkin, Purée, Roast, Homemade