

Preparing Fresh Pumpkin

Fresh roasted pumpkin can be seasoned savory or sweet and used in a variety of dishes.

- Before you begin, wash outside of pumpkins thoroughly.
- Roasting times and temperatures are for convection ovens and may vary based on the size of your pumpkins.

Method 1: Seed, Roast, Dice, Roast Again (Results in Diced Pumpkin)



1
Cut pumpkin horizontally through its center.



2
Scoop out seeds and set aside for future use.



3
Place halves on parchment lined sheet, open side down.



4
Roast at 400°F for 15 min. (will NOT cook all the way through).



5
Allow halves to cool to touch, turn over, peel skin from flesh.



6
Dice the flesh and roast again at 400°F for 15 min.

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Method 2: Seed, Peel, Dice, Roast (Results in Diced Pumpkin)



1
Cut pumpkin horizontally through its center.



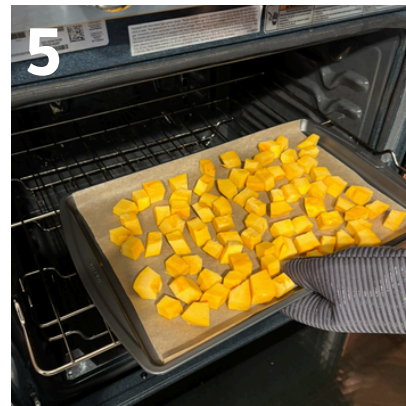
2
Scoop out seeds and set aside for future use.



3
Place halves flat side down on cutting board, grab a sharp knife.



4
Slice off skin, following the round of the pumpkin shape. Do not remove too much flesh.



5
Dice the flesh and roast at 400°F for 15 min.

Method 3: Quarter, Seed, Roast (Results in Slices of Pumpkin, Skin On)



1
Cut washed pumpkin into quarters.



2
Scoop out seeds and set aside for future use.



3
Slice pumpkin into 3/4 in. slices, roast at 400°F for 15 min.