

Pumpkin Puree & Pumpkin Loaf

Pumpkins are botanically a fruit but are used as a vegetable for culinary purposes. They are a member of the squash family. Did you know that pumpkins are good for your health? They have no cholesterol*, have very low sodium content and high water content. Pumpkins are high in beta carotene which helps reduce certain types of cancer and reduce the risk of heart disease. At only 80 cal per cup of pumpkin puree combined with the health benefits, pumpkin is a good food choice. Pumpkin can be served as a vegetable (steamed, boiled, baked) or used to make delectable baked goods.



Pumpkin loaf has a rich, aromatic flavor that is sure to please. It is a quick bread with a nice texture perfect for any occasion. The loaf freezes nicely so be sure to make extra. In a previous entry, I gave the method for canning pumpkin chunks. These can be warmed to serve as a vegetable but if you want to make pumpkin pie, you will need to puree the pumpkin. Fresh pumpkin puree is easy to make. It freezes nicely so be sure to make a lot.

Pumpkin Puree

Wash the pumpkin. Remove the top and clean out the seeds. Cut the pumpkin in half then into 1 - inch strips. Peel each strip. Cut strips into 1 - inch pieces. Place the pieces in a large pot and cover with water. Bring to a boil. Boil until the pieces are soft. Remove from heat and drain. Puree the pumpkin pieces in small batches using a blender on the puree. Allow to cool. Place into freezer containers in 1 cup and 2 cup amounts. Freeze. To use, thaw and stir then use in your favorite pumpkin recipes.

Pumpkin Loaf

1 c brown sugar

½ c grapeseed oil

1 ⅔ c pureed pumpkin

2 eggs

2 ½ c unbleached flour

3 tsp baking powder

½ tsp salt

½ tsp ginger

½ tsp ground cloves

1 tsp cinnamon

Pre-heat oven to 350°F. Beat together sugar, oil, pumpkin and eggs. Put dry ingredients in Kitchen Aid mixing bowl and mix on speed 2. Pour in pumpkin mixture and mix on speed 2 until well blended. Spoon the batter into a large greased loaf pan. Bake at 350°F for 1 hour or until toothpick comes out clean. Cool slightly and remove from pan.

* While pumpkin itself does not contain cholesterol, many pumpkin recipes are high in cholesterol because of their egg content.