



PUMPKIN



Pumpkins are the best-known—and most delicious—of all winter squashes.

The flesh inside their hard yellow or orange skin is mild and fresh with undertones of honey. It varies in color from white to deep orange and is often quite stringy (this does not apply to butternut squash).

Pumpkins should be stored at room temperature where the skin hardens as they dry out. Thanks to their thick, hard skin, pumpkins can be stored over the winter. Some varieties (for example, red kuri squash), have relatively thin skins which don't need to be peeled, and this makes them less suitable for winter storage.

Cook pumpkin chunks until soft in salted water or stock, and combine with butter to make a purée; roasted and puréed pumpkin chunks give creamy soups extra character. It will acquire extra flavor if cooked with wine, chili, or ginger. Crumbled feta or goat cheese also work very well with pumpkin.

You can stir-fry thinly sliced or diced raw pumpkin. It is also very tasty cubed, coated with oil, and seasoned with garlic, thyme, salt, and pepper and baked in the oven until soft and golden brown.

STORING

Store pumpkin in a cool, dry place or in the vegetable drawer of the fridge. Once cut into pieces, pumpkin should be stored in the fridge. Puréed, parboiled, or cooked pumpkin is fine to freeze.

SEASON

Pumpkin is a long-growing crop that is started in late spring or early summer and harvested in fall before the first frost.

GOES WELL WITH

Pumpkin goes well with, for example, root vegetables, collard greens, garlic, chili, ginger, pine nuts, walnuts, hazelnuts, cumin, rosemary, cinnamon, butter, feta cheese, goat cheese, fish, chicken, pork, and game.

< Pumpkin with yellow onion, garlic, and herbs.