

Oven Roasted Pumpkin



TIPS: The best pumpkins for cooking and eating are smaller 2-5 pound **sugar** or **pie pumpkins** because they are higher in flavorful sugar content and less stringy than larger jack-o-lantern carving pumpkins. No matter what type of pumpkin you use, though, the toughest part of this recipe is cutting the skin from the pumpkin. The method of cutting the pumpkin into manageable slices and then removing the skin as shown in step 2 is probably the quickest and easiest method there is – and even that takes some work, though in the end, it's all well worth the effort.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Ingredients

(for 4-6 as side dish)

2-3 Pound Sugar or Pie Pumpkin

Olive or Vegetable Oil

1 Teaspoon Garlic Salt

1 – 1 ½ Tablespoons Ground Cumin

1 Teaspoon Ground Cinnamon

Ground Black Pepper

Balsamic Vinegar (optional)

Plain Yogurt (optional)



Equipment

Sharp Knife

Cutting Board

Large Bowl

Baking Pan

Tablespoon

Teaspoon

Potholder or Dish Towel

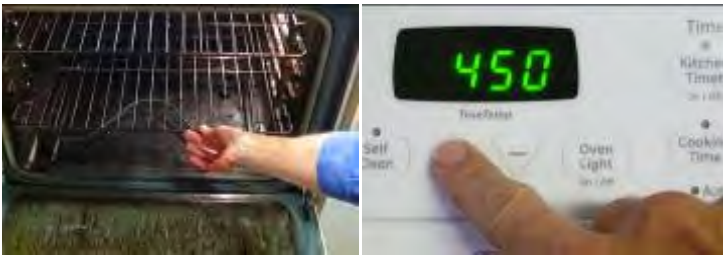
Timer



1. Place an oven rack a third to half way up from the oven bottom (1) and preheat the oven to 450 degrees (2).

(1)

(2)



2

Use a tablespoon to scrape and scoop out the **seeds** and **stringy membrane** (6) until the two halves look about as shown in (7).

(6)

(7)



2. While the oven warms, lay the **pumpkin** on its side on a cutting board and drive the tip of a sharp knife straight down into the **pumpkin side** as shown in (1). Then pivot and press the knife blade down the side and through the **pumpkin bottom** (2),...

(1)

(2)



Cut each half into four relatively equal sections (8). Then lay each section on its side and cut away the **pumpkin skin** as shown in (9).

(8)

(9)



...pull the two halves apart (3 & 4) and snap off the stem (5)



3



4



5

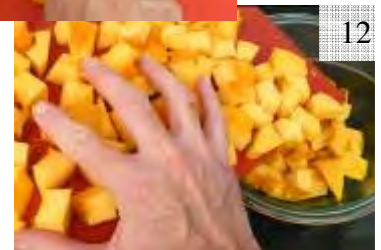
Cut each **section** in half lengthwise (10), then cut those slices in cross section into bite sized pieces about $\frac{3}{4}$ inch wide (11) and put them in a big bowl (12).



10



11



12

3. Drizzle on a light coating of **olive or vegetable oil** (1), add **1 – 1½ tablespoons ground cumin** (2), **1 teaspoon garlic salt** (3),...



...a good shake or about **1 teaspoon ground cinnamon** (4), a **crunch or shake of ground black pepper** (5) and...

(4)



(5)



...stir with a tablespoon (6) until all the **pumpkin pieces** are lightly coated with **oil** and **dried ingredients** (7). Then...

(6)



(7)



...pour the **pumpkin pieces** onto a baking pan (8) and spread them evenly so that the **pieces** do not overlap (9).

(8)



(9)



4. When the oven reaches 450 degrees, put the **pumpkin** in the oven (1) and set a timer for 30 minutes (2).

(1)



(2)



5. When the timer sounds, check the **pumpkin** for doneness by driving the tip of a knife into one of the **largest pumpkin pieces** on the baking pan (1). The **pumpkin** is done if the knife cuts into the piece easily. If your **pumpkin pieces** are still firm, keep roasting them at 5 minute intervals until the **pumpkin** has softened.



6. When the **pumpkin** is done, remove the baking pan from the oven with a potholder or folded dish towel (1) and transfer the **pumpkin pieces** onto plates or into a bowl (2) to be served warm either as is or....

(1)



(2)



...topped with your choice or a combination of **balsamic vinegar** (3) and/or **plain yogurt** (4) to taste.

(3)



(4)



7. To make clean up as easy as possible, wipe off any excess oil and residue from the baking pan with a wad of paper towels (1). Then add a squirt of dish soap (2) and...

(1)



(2)



...some warm water (3). Let the pan sit for 5-10 minutes and clean off with a dish brush and/or sponge (4).

(3)



(4)



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