

Long Island Cheese Pumpkin Processing

1. Wash pumpkin



2. Remove stem by cut a diamond shape around the stem



3. Cut pumpkin in half



4. Remove the stem and remove the blossom end



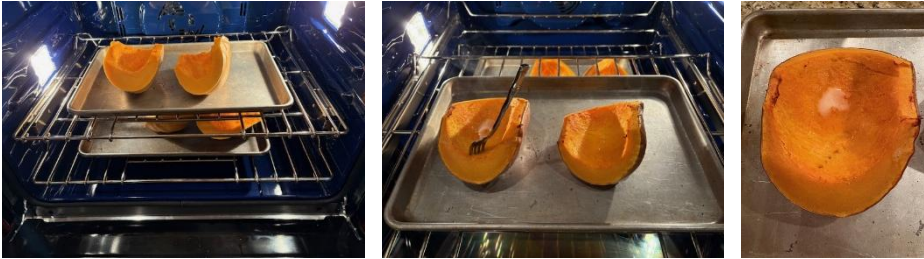
5. Remove the fibrous strands and the seeds. I use an ice cream scoop.



6. Cut pumpkin so that the pieces will fit a cookie sheet with sides.



7. Put cookie sheets in the oven at 350 degrees for about 1 hour. The pumpkin is done when a fork is easily inserted. Do not pour or remove the liquid. It will be reabsorbed. Let cool until the pumpkin can be handled.



8. I use a food processor to puree the pumpkin.



9. I cut a thin slice from the outside of the pumpkin (as it is dried out). The pumpkin skin will easily peel. I cut the pumpkin into strips that will fit in the food processor.



10. My pumpkin weighed about 6 pounds and yielded 5 ½ cup of puree. The puree can be frozen. I measure out 3 cups and put in a Ziplock for future pie making.

