

Pumpkin/Squash Puree

This recipe will vary by size of Pumpkin or squash used, make sure to not overload your freeze dryer*

[Adventures in Freeze Drying's: Pumpkin Puree Freeze Dried and Reconstituted](#)

Ingredients:

1 or more
Cooking type
Pumpkin or
Winter Squash

Water



Directions:

1. Cut Pumpkin or squash in half and remove all seeds.
2. Place cut side down in a baking dish, or in your instant pressure cooker.
3. Add 1 Cup of Water per baking dish or to your instant pressure cooker.
4. Bake for 1 hour at 350°F or 10 minutes at high pressure with a natural release in your instant pressure cooker.
5. Make sure the pumpkin is tender before removing it from the oven or instant pot.
6. Remove skin.
7. Blend flesh in a blender.
8. Spread evenly on a parchment lined tray, making sure not to exceed your weight limit per tray.
9. Cover with a lid and freeze until Solid (24-48 hours)
10. Freeze Dry
11. Powder either in a blender or using a rolling pin and a plastic zip top bag.
12. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: My cycle time was about 47 hours using 11 hours of my extra dry time

Rehydration: I added about 230g of water to 24 g of freeze dried pumpkin powder to get about 1 cup of reconstituted Pumpkin Puree (This may vary based on type of pumpkin freeze dried)



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray