

MARYLAND FARM & HARVEST

"The Local Buy" Recipe, Episode 807

Pumpkin Cornbread

To make the pumpkin puree (skip this step if using canned pumpkin):

Ingredients

- 1 small pumpkin, sugar or pie varieties work best
- 2 Tbs vegetable oil

Directions

1. Wash pumpkin thoroughly, then cut into quarters. Using a soup spoon, remove the seeds and all of the stringy membrane. Sprinkle vegetable oil on cut sides, and place cut side down on a lined cookie sheet with sides. Bake in a 400° oven for one hour, or until fork tender.

2. Remove the baked pumpkin and allow it to cool. When it is cool enough to handle, use a large sturdy spoon to scoop out the flesh. This will be easy if the pumpkin has been well cooked.

3. Place the scooped flesh in a colander and press as much liquid as you can out of it. Transfer to a food processor and mix until a fairly fine purée forms. Do not use the purée setting, as this will make too fine a texture. Pour the processed pumpkin into a fine sieve, and shake over the sink, releasing more water. Excess puree can be stored in airtight bags in the freezer.

To make the cornbread:

Ingredients

- 2 cups + 2 Tbs cornmeal
- 1 tsp ground cinnamon
- ¼ tsp ground nutmeg
- ½ tsp dry ginger
- ¼ tsp salt
- ¾ cup buttermilk



- 2/3 cup pumpkin puree
- 1 large egg
- 2 Tbs vegetable oil
- 2 Tbs unsalted butter, cut into small cubes
- ¾ tsp baking power
- ½ tsp baking soda

Directions

1. Pre-heat oven to 425°. Whisk cornmeal, spices, and salt together in a large bowl (but NOT baking power and baking soda). In a separate bowl, whisk buttermilk, pumpkin puree, and egg till thoroughly combined. Pour wet ingredients into dry, stir, and let sit for 10 minutes.

2. On the stove top over medium heat, warm a 10" cast iron skillet. Add the vegetable oil and butter, and swirl the skillet until the butter melts. Take the skillet off heat. Pour half of the melted butter and oil mixture into the cornmeal batter. Return skillet to the stovetop and reduce heat to low. Add baking powder and baking soda to cornmeal mixture and stir vigorously, breaking up any lumps.

3. Carefully pour batter into hot skillet (it should sizzle slightly.) Turn off stovetop and place skillet in 425° oven. Bake until top puffs up and begins to show cracks and a toothpick inserted in the center comes out cleanly, about 10-15 minutes. Remove from oven, let cool for 5 minutes before cutting and serving. Enjoy!