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How to cook a pumpkin

Boiling/steaming method

Cut pumpkin into large chunks. Rinse in cold water. Place pieces in a large pot with a cup of water. Cover the pot and boil for 20 to 30 minutes or until tender, or steam for 10 to 12 minutes. Poke with a fork to check for doneness. Drain in a colander. Reserve the liquid to use as a base for soup.

Oven method


Cut pumpkin in half, scraping away stringy mass and seeds. Rinse under cold water. Place pumpkin cut side down on a large cookie sheet. Bake at 350 degrees for one hour or until tender.

Microwave Method

Cut pumpkin in half, place cut side down on a microwave safe plate or tray. Microwave on high for 15 minutes and check for tenderness. Continue cooking at one to two minute intervals until fork tender.

To prepare the puree

Wait until the pumpkin is cool enough to handle and remove the peel using a small sharp knife and your fingers. Put the peeled pumpkin in a food processor and puree or use a food mill, ricer, strainer or potato masher to form a puree.

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