



Roasted Stuffed Pumpkin





Preparation

- Sanitize your work area!
- Gather your ingredients



Ingredients

- One or two 4-5 pound sugar or pie pumpkins
- 8 cups dried bread cubes
- 1 Tablespoon olive oil
- 1 onion, diced
- 2 celery stalks, diced
- 1 pound ground mild Italian sausage
- 2 Granny Smith apples, peeled and diced
- 2 cloves garlic, minced





Ingredients (cont'd)

- 2 cups chicken stock
- 3 eggs
- 3 Tablespoons dried sage
- 1 Tablespoon dried thyme
- Salt and pepper, to taste
- 1 cup dried cranberries





Let's Cook!

- Preheat oven to 350 degrees F
- Place a rack in the center of the oven
- Line a rimmed sheet pan with parchment paper or foil



Let's Cook! (cont'd)

- Use a sturdy chef's knife and cut the cap off the pumpkin
- Work at a 45-degree angle and work the knife around the top
- Cut the hole large enough to work inside the pumpkin (similar to carving a jack-o-lantern)
- Cut the cut-side of the top so it will lay flat
- Use a large metal spoon and scoop the seeds and stringy insides of the pumpkin



Let's Cook! (cont'd)

- Season the inside of the pumpkin with salt and pepper
- Place the prepped pumpkin on the prepared baking sheet and set aside
- Place the bread cubes in a large bowl and set aside
- In a large sauté pan over medium-high heat, add the olive oil, then sauté the onions and celery until just tender
- Add the ground Italian sausage to the pan and sauté until browned



Let's Cook! (cont'd)

- Add the diced apples and cook until soft
- Add the garlic and cook until fragrant
- Add the sauteed meat and vegetables to the large bowl with the bread cubes and toss to mix



Let's Cook! (cont'd)

- In a large measuring cup, combine the chicken stock, eggs, sage, thyme, salt and pepper
- Pour the stock-and-egg mixture over the bread cubes and stir to combine



Let's Cook! (cont'd)

- Add the dried cranberries to the mixture and stir until evenly mixed
- Fill the prepared pumpkin with the stuffing mixture
- Press down as needed



Let's Cook! (cont'd)

- Place the cap on and bake the filled pumpkin for 1.5 hours



Let's Cook! (cont'd)

- Remove the cap and continue to bake another 30 to 40 minutes until the pumpkin is soft and can be easily pierced with a knife (internal temp is 160 F)
- Let the roasted pumpkin rest for 10 minutes before carefully transferring to a serving dish







UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

■ UC Master Food Preserver Program

