

*Supplies List for History in the Kitchen, October 31, 2020**Pumpkin Fritters:*

- 1 c. canned pumpkin, or fresh, processed pumpkin (see instructions below)
- 2 eggs
- ½ pint of milk or cream
- 1 Tbsp. brown sugar
- 1 c. all purpose flour, added as needed to thicken
- Vegetable oil

Please prepare your fresh pumpkin before the session begins:

If using a fresh pumpkin, you will need to cook it and save the flesh. You may either boil it or roast it.

To boil the pumpkin, peel it, remove the seeds, and cut into eighths. Put the pieces into boiling water and cook for 20-30 minutes.

To roast the pumpkin, preheat your oven to 400F. Cut the stem of the pumpkin, and cut in half. Remove and discard the seeds (or save them to roast later!). Pierce the skin in several places with a fork, and place on a microwave safe dish, cook in the microwave for 10 minutes. Place the halves on a lightly oiled baking sheet or on parchment paper. Bake for 30-40 minutes, or until the pumpkin is soft. When cool enough to handle, scoop the pumpkin out of its shell.

For either method, cool until you can handle the pulp comfortably. Mash, and store in the fridge or freezer until ready to use.