

# Pureed Pumpkin with Fresh Ginger and Maple Caramelized Walnuts

*By Kathy Gunst*

You can make this puree a day ahead of time and top with the walnuts and heat it up 30 minutes before serving. This puree has no dairy and the ginger gives it a clean, fresh flavor.

## **Ingredients:**

2 pounds peeled and cubed pumpkin or butternut squash  
1/2 cup apple cider  
1 tablespoon grated fresh ginger  
2 tablespoons maple syrup  
Salt and pepper to taste

## **Walnut Topping Ingredients:**

1 tablespoon safflower or canola oil  
3/4 cup coarsely chopped walnuts, or your favorite nut  
1/8 teaspoon cinnamon  
1 teaspoon grated fresh ginger  
2 tablespoons maple syrup

Place the pumpkin in a medium pot and cover with boiling water. Steam for about 10 minutes, or until tender when tested with a small, sharp knife. Drain thoroughly.

Place the cooked pumpkin in a food processor with the cider and puree until smooth. Add the ginger, maple syrup, and salt and pepper to taste and puree again. Place the puree in a small casserole.

Make the walnuts: in a medium skillet heat the oil over moderately low heat. Add the walnuts and cook for 5 minutes, stirring, until they begin to turn golden brown. Add the cinnamon, ginger, and syrup and cook, stirring until the syrup thickens and coats the nuts, about 3 minutes. Remove from the heat.

Place the caramelized walnuts on top of the pumpkin puree and heat in a 325 degree oven for 15 to 20 minutes, or until bubbling hot.

Serves: 4 to 6