

Pumpkin Candy

Makes about 1 pound candy

Courtesy of L'Academie de Cuisine chef Brian Patterson, for demo October 15, 2016

1 pound thick-fleshed pumpkin, peeled and seeded (best type is Turban squash, such as Marina di Chioggia)

1 pound granulated sugar, plus a few extra cups for dusting

1 corn cob

1 vanilla bean

1 ounce piece (about 1-inch cube) fresh ginger, peeled

Juice from 1 medium passionfruit

1 pound pearly sugar

1. Combine half of the granulated sugar with the corn cob, vanilla, ginger, and passionfruit juice with 2 quarts water in a large saucepan, and bring to a boil. Reduce to a simmer and let cook for 30 minutes.
2. Slice the pumpkin flesh into small pieces, approximately 1-inch by 1-inch by 1/4-inch. Plunge the pumpkin pieces into the syrup and let simmer, occasionally shaking the pot a bit to ensure the pumpkin pieces cook evenly, for 45 minutes. After that time, let the mixture cool completely. Chill the pumpkin in the liquid overnight.
3. The next day, drain the syrup from the pumpkin and set the pumpkin pieces aside. Bring the syrup to a boil in a large saucepan. Add the rest of the granulated sugar to the hot syrup and cook altogether for 10 minutes, stirring occasionally, until all the new sugar dissolves.
4. Reduce the syrup to a low simmer and return the pumpkin pieces to the syrup. Simmer for 45 minutes. Let the mixture cool completely, then chill the pumpkin in the syrup.
5. Once chilled, drain the pumpkin pieces and set the residual syrup aside for future storage. Spread the extra sugar in a shallow dish. Toss the pumpkin in the sugar, so that each piece is thorough coated. Allow to air dry for at least 1 day before enjoying. (These finished candied slices will keep for up to 1 month if stored in the leftover syrup and refrigerated. You can dice them and bake them in muffins, fold into homemade ice cream, or toss in a salad. You can puree them and mix with the syrup to make a base for pumpkin sodas or cocktails.)

Recipe courtesy of L'Academie de Cuisine Chef Brian Patterson



COOKING UP HISTORY

A cooking demo and food history conversation
at the Smithsonian's National Museum of American History

For more recipes and information about Cooking Up History, visit <http://s.si.edu/CookHistory>