



Sugar Apple

Posts From The Caribbean

Roasted Pumpkin with Lime

This recipe combines ingredients from two of my favorite places - the Caribbean and Italy. The pumpkin I used was locally grown. The lime and the thyme came from our garden. And we brought the olive oil and cheese back with us from Italy this summer. All of which makes me very happy. The lime provides a tart contrast to the sweet pumpkin that I find appealing. And, to answer the obvious question - yes, you can substitute butternut squash for the pumpkin (though it might need to cook for a little longer than the pumpkin).

2 1/2 pounds of Caribbean pumpkin (that's the weight unpeeled)
2 tablespoons extra virgin olive oil
the juice of 1 lime (about 2 tablespoons)
2 sprigs of thyme, stemmed and minced
a pinch of salt
caciocavallo, pecorino or parmigiano cheese for finishing

Caribbean pumpkins are quite large and are usually sold already sliced up. I had a 2 1/2 slice. You can use an equivalent amount of butternut squash.

Preheat the oven to 425°. Peel the pumpkin, remove the seeds and stringy insides, and cut it into 1 1/2 inch pieces. Put it into a shallow baking dish in a single layer. Drizzle the olive oil and lime juice over the pumpkin and sprinkle with the thyme and a pinch of salt. Mix it all together and place the dish in the preheated oven. Roast until the pumpkin is soft and starting to brown at the edges, about 45 minutes. Turn the pieces of pumpkin a few times so they brown evenly. Remove from the oven and shave a little cheese over the top (not too much or it will overpower the pumpkin) and serve immediately. *Serves 4-6.*

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