

Stuffed Pumpkin

Traditional Stuffed Pumpkin dessert filled with nuts, dried fruits, and spices. A sweet and nutritious autumn treat perfect for holidays and special occasions.

30	300	330	6	Medium
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Stuffed Pumpkin

Ingredients

- 2 tbsp vanilla extract
- 1 tbsp cinnamon
- 3 oz dry fig
- 3 oz dry apricot
- 2 oz hazelnut
- 2 oz almond
- 2 oz walnut
- 1 pomegranate
- 1 lb granulated sugar
- 2 cinnamon stick
- 8 lb pumpkin

Instructions

- 1 Prepare the Pumpkin**

Preheat oven to 160°C (320°F). Wash the 8 lb pumpkin thoroughly and pat dry with paper towels. Cut off the top 2-3 inches to create a lid, cutting at a slight angle so the lid won't fall through the opening.
- 2** Scoop out all seeds and pulp from inside the pumpkin using a large spoon or ice cream scoop. Scrape the walls clean until the interior is smooth and hollow.
- 3 Prepare the Filling**

Chop the 3 oz dried figs and 3 oz dried apricots into small 1/4-inch cubes. If the fruits feel very dry and hard, soak them in warm water for 10 minutes, then drain and pat dry before chopping.
- 4** In a large bowl, combine the chopped dried fruits with the 2 oz almonds, 2 oz walnuts, 2 oz pistachios, and 1 lb sugar. Mix thoroughly with your hands or a wooden spoon until all ingredients are evenly distributed.
- 5 Stuff and Seal the Pumpkin**

Spoon the fruit and nut mixture into the hollowed pumpkin, filling it about 3/4 full and leaving room for expansion. Replace the pumpkin lid and wrap the entire pumpkin tightly in 2 layers of aluminum foil.

6 Prepare Water Bath

Fill a large roasting pan or baking tray with 1 inch of hot water. Carefully place the foil-wrapped pumpkin in the center of the water bath.

7 Bake the Pumpkin

Bake for 4-5 hours, checking every hour to add more hot water to maintain the 1-inch level. The pumpkin is done when a knife easily pierces through the foil and flesh with no resistance.

8 Rest and Serve

Remove from oven and let rest for 15 minutes before carefully unwrapping the hot foil. Slice the pumpkin lengthwise into 6 wedges and serve warm, with each wedge containing both pumpkin flesh and filling.

Tips

Choose a pumpkin with a flat bottom so it sits steadily in the baking dish without tipping over during the long cooking process.

Score the inside walls of the pumpkin lightly with a knife after hollowing to help the flavors penetrate the flesh more effectively.

Soak dried fruits in warm water for 10 minutes before chopping to soften them and make cutting easier while preventing your knife from sticking.

Toast the nuts lightly in a dry pan before adding to the filling to enhance their flavor and ensure they stay crunchy during the long baking time.

Check the water level in the baking tray every hour and replenish with hot water to maintain consistent steam and prevent the pumpkin from drying out.

Test doneness by inserting a knife into the thickest part of the pumpkin wall - it should slide in easily when fully cooked.

Allow the pumpkin to rest for 15 minutes after removing from the oven before unwrapping the foil to prevent burns from escaping steam.

Save the pumpkin seeds from hollowing and roast them separately with salt as a healthy snack while the dessert bakes.