



Dulce de Calabaza



Prep time: 2 hours



Servings: 36 wedges

Ingredients

- 1 medium pumpkin, about 4-5 pounds
- 2 small piloncillo cones – about 16 ounces (Piloncillo is a brown sugar cone available at most Mexican grocery stores)
- 3 Mexican cinnamon sticks whole or cut in half
- 1 orange sliced (optional)
- 4 cups of water



Fall is the season of the pumpkin, and dulce de calabaza is traditional pumpkin candy. While it can be made with the orange pumpkin so common in North America, it is more typically made with squash, particularly winter squash or Castilla squash. You can use whichever you prefer with this recipe.

Instructions

1. Cut the pumpkin in 3-inch sections. Remove seeds and strings if you prefer to use the seeds separately, or you can cook them with the syrup. Place piloncillo cones, cinnamon sticks, and orange slices in a large and heavy pot.
2. Add four cups of water and turn heat to medium-high until it starts boiling. The piloncillo cones will start to dissolve. Stir occasionally. Once the piloncillo has dissolved, place half the pumpkin pieces with the skin side down and the rest with the skin side up. If you see that the pieces aren't covered with the liquid from the piloncillo, don't worry, the pumpkin will release some of its own juices, and steam will also help with the cooking.
3. Lower heat, cover pot, and simmer. Cook for about 40 minutes, until the pumpkin is tender, and it has soaked some of the syrup.



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Instructions

4. Once the pumpkin is cooked, removed from the pot using a large slotted spoon and transfer to a tray. Cover with aluminum foil to keep warm while the syrup keeps cooking and reduces.
5. Return syrup to boil, turning heat to medium-high. Keep cooking, stirring occasionally until it becomes thick. Return pumpkin pieces to pot and spoon syrup all over the pumpkin pieces.
6. Serve pumpkin warm or at room temperature with a drizzle of syrup or in a warm bowl of milk. The pumpkin flavors will be better the next day, so save some for later.

Notes

Other spices, like clove and anise, can also be added.