Creamy Pumpkin Pasta

Four bowls of pumpkin-coated pasta · Active 20 min · Total 40 min

Skills: Thinning a canned vegetable purée into a smooth pasta coating

Ingredients

- 10 1/2 oz dry short pasta (300 g)
- About 10 cups water for pasta (2.5 L), or package-specified amount
- 1 tablespoon neutral oil (15 ml)
- 1 small onion, finely chopped (100 g)
- 1 can plain unsweetened pumpkin purée, 15 oz/425 g
- 3/4 cup milk (180 ml), or milk powder reconstituted according to label then measured
- 1/4 teaspoon ground nutmeg (0.5 g)
- 1/2 teaspoon fine salt (3 g)
- 1/4 teaspoon black pepper (0.5 g)
- 3/4 cup grated cheddar (75 g)
- Up to 3/4 cup reserved pasta water (180 ml), taken from the pot

Set out

Large pasta saucepan, at least 4 qt/4 L, Wide saucepan or deep skillet, Whisk, Strainer and measuring cup

Allergens

wheat, milk. Check labels and substitutions.

Make it

1. Bring the pasta water to a boil and cook pasta according to its package until tender. Reserve 180 ml cooking water before draining.

2. Meanwhile heat oil in the other pan over medium heat. Soften onion for 7–8 minutes without browning heavily. Add pumpkin, milk, nutmeg, salt and pepper; whisk smooth and bring to gentle bubbling. Cook for 4–5 minutes, stirring.

3. Remove the sauce from direct heat and stir in cheese until melted. Fold in drained hot pasta. Add reserved pasta water 1 tablespoon/15 ml at a time until creamy and easy to stir; you may not need it all.

4. Return to low heat briefly if needed to make the complete dish hot. Divide into four bowls and serve promptly.

No cream purchase needed

The stated milk and cooking water provide the liquid. Do not replace plain pumpkin with a ready-made sweet pie mixture.

Ingredient labels

Pasta supplies wheat, and milk and cheddar supply milk. Some pasta also contains egg; check actual labels and any reconstituted milk powder.

A useful detail

Pasta and sauce cook in parallel. Bring the large water pan to a boil before starting the onion if your stove heats water slowly.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Freeze promptly cooled portions for up to 1 month; thaw in the refrigerator. The sauce may separate slightly and needs gentle stirring.