



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: Pumpkin

### Mexican Pumpkin Candy

**Ingredients:**

1 small white pumpkin, about 5 lb  
3 Tbs food grade Cal or food grade slaked lime  
3 cups granulated sugar  
1 ½ cups brown sugar  
water

**Directions:**

This recipe is a labor of love but well worth it. Remove the skin, seeds, and fibrous strands from the pumpkin. Cut into 6-inch long, 3-inch-wide imperfect wedges. In a large pot, dissolve the Cal in the 8-12 cups of water depending on the size of the pot. Add the pieces of pumpkin and let sit overnight. This will begin the crystallization process. (Be sure the pumpkin pieces are submerged)

The next day wash each of the pumpkin pieces well under running water, rubbing the fruit as you go. Wash and rinse the same pot to reuse. Prick the pumpkin wedges all over with a fork and place them back in the pot. Add in about 8 cups water. Do not cover. Bring to a hard boil. Drain the pumpkin in a colander. Set aside.

Again, add 8 cups water and sugars in the pot. Stir to dissolve the sugar. Bring to a low boil to form a simple syrup. Lower the heat slightly. Cook the syrup mixture for about 10 minutes. Carefully slide the pumpkin pieces into the syrup until all pieces are fully submerged. Let cook for about 2 hours (or until a candy thermometer reads 250F) Stir occasionally so the pumpkin doesn't stick to the bottom of the pot. The syrup will reduce, don't add more water.

Line a large baking sheet with parchment paper then place a couple of cooling racks over top. Place the pumpkin wedges to dry on the cooling racks. Leave the pumpkin out to dry. Traditionally, the candy is left to dry over a couple days to completely harden on the outside. The inside will be soft with some slight juiciness. Once the candy is hardened, you can wrap in plastic wrap or place in a dry container. There is no refrigeration needed.

\*You can find Cal or food grade lime in the canning section of your local grocery store or with the herb and spices of the Latin food aisle.

\*\*You can use regular orange pumpkin for this recipe but the cooking time in syrup will need to be adjusted to about an hour instead of two. Keep an eye on it in case it begins to come apart. Also, because the more common pumpkin has a softer texture it may not crystalize as well. It will have a softer texture once cooked as well.