



Pumpkin Seed Spread

Jacob · 29/09/2024



Prep Time

2 hrs

Difficult

Medium

Servings

2 hrs 40 mins

Description

My version of pumpkin seed spread straddles the fence between sweet and savory and is very adaptable. It was inspired by a similar but savory spread that Cortney Burns and Nick Balla serve at their San Francisco restaurant Duna.

Ingredients

- - ½ cup vegetable oil - 8 peeled garlic cloves
- halved or quartered depending on size - 2 cups green (hulled) pumpkin seeds - ½ cup diced onion - 2 tablespoons diced green serrano or jalapeno chilies - ¾ cup apple juice - 2 limes
- juiced - 1 cup fresh cilantro leaves - 1 teaspoon salt
- plus more to taste - ½ cup apple juice or water
- to adjust texture of spread - 2 teaspoons apple cider vinegar (Optional)

Instructions

1. Place garlic pieces in a cold
2. dry skillet. Add vegetable oil. Cook garlic on low heat until it starts to soften but does not get brown
3. about 8 to 10 minutes
4. stirring occasionally. When garlic is tender
5. remove skillet from heat; let garlic cool in the oil. Place pumpkin seeds in a cold
6. dry skillet. Set heat to medium. Stir seeds until hot and fragrant but not browned
7. 3 to 5 minutes. Remove from heat. Transfer to a bowl. Heat vegetable oil in a skillet over high heat. Add onion and Serrano pepper. Cool until edges start to brown and some bits begin to char
8. 3 to 5 minutes. Pour in apple juice. Reduce heat to medium and cook until liquid is reduced almost all the way and has a syrup-like consistency
9. about 5 minutes. Remove from heat. Place pumpkin seeds
10. cilantro leaves
11. onion mixture
12. softened garlic and oil
13. lime juice
14. and salt in the bowl of a food processor. Cover and pulse on and off until mixture becomes a coarse paste
15. scraping down sides with a spatula a few times
16. 1 or 2 minutes. If mixture is quite thick
17. add a few tablespoons of apple juice or water (apple juice will make it sweeter). Continue to process until mixture is to your desired consistency. Transfer to a bowl. Cover; refrigerate until chilled
18. about 2 hours. Taste
19. and adjust seasonings and acidity as needed with additional salt and/or apple cider vinegar. Chef's Note: You can also adjust texture and acidity with a splash of apple cider vinegar