

## Pumpkin in Syrup Calabaza en tacha

### Ingredients

Winter squash, such as pumpkin, de Castilla, or cooking

**Optional:** 1 sweet potato, 2-3 guavas, 1 orange

**For every 4 cups of produce:**

1 ½ cups brown sugar

1 stick cinnamon

2 cloves

1 cup water

Wash all produce. Cut winter squash into 3-inch pieces; remove seeds and stringy flesh (optional). If using: peel sweet potato and cut into 2-inch chunks; quarter guavas; cut orange into wedges, skin on; reserve. According to the amount of produce, measure and place piloncillo (or sugar), water, cinnamon and cloves in a large pot; cook over medium heat, stirring occasionally until sugar dissolves. Arrange reserved produce in the pot, with skin sides down; for second and subsequent layers, place skin facing up. Cover and cook for 20 minutes; check doneness with a fork. Increase cooking times in 10-minute intervals, until all the produce is tender, moving bottom pieces to the top, if needed. Carefully transfer fully cooked produce to a serving bowl or container; reserve. Continue cooking liquid, uncovered, for about 10 minutes, until syrupy and slightly thick; discard cinnamon and cloves, and pour syrup over reserved produce, to coat. Serve warm or at room temperature.



Pumpkin in syrup with seeds and stringy flesh (left), and sweet potato and de-seeded pumpkin in syrup (right)