

# Pumpkin Fritters

Mima Martin - Caguas, Puerto Rico  
Treasure Classics - National LP Gas Association - 1985

**Yield: 12 to 16 fritters**

*1 1/2 pounds sound dry  
pumpkin, weighed after  
peeled, seeded and cut into  
pieces*

*2 quarts (8 cups) water*

*2 tablespoons salt*

*1/2 to 3/4 cup sugar (to  
taste)*

*1/2 teaspoon ground  
cinnamon*

*lard or vegetable oil (for  
frying)*

**Preparation Time: 20 minutes****Cook Time: 30 minutes**

In a deep kettle, place the pumpkin, water and salt. Bring rapidly to a boil. Cover. Reduce the heat to moderate and cook for 30 minutes.

Drain thoroughly and mash. Stir in the sugar and cinnamon, mixing well after each addition.

In a skillet, heat the fat and drop the mixture by spoonfuls to fry in the shape of thin fritters. Fry until golden brown.

Remove the fritters and drain on absorbent paper.

Serve with a main dish.

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Per Serving (excluding unknown items): 3 Calories; trace Fat (7.7% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 12805mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.