

Pumpkin Pie

This is the perfect Thanksgiving dessert and so simple yet delicious. I got this recipe from my Aunt Marj who says it was off the pumpkin can and I have just changed it slightly to use fresh or frozen pumpkin purée and dark brown sugar. Made with homemade pumpkin purée (see below) and topped with sweetened whipped cream it is ranked at the top of our family favourite list.

	9 inch unbaked GF pie shell
1	cup dark brown sugar, packed
1	tsp cinnamon
1/2	tsp salt
1/2	tsp mace
2	eggs
1 1/2	cups pumpkin purée, fresh (below) or canned
1	cup milk, scalded

- ☞ Mix brown sugar, cinnamon, salt and mace.
- ☞ Stir in eggs and pumpkin purée until smooth.
- ☞ Add scalded milk and mix until mixture is uniform.
- ☞ Pour into unbaked pie shell and carefully move to the oven without spilling.
- ☞ Bake at 375°F for 20 minutes then reduce temperature to 325°F and continue baking for another 45 - 55 minutes or until centre is set.
- ☞ You may check for doneness by inserting a skewer or knife into the centre and it should come out clean but I look for a little cracking around the outside and no jiggling in the centre.
- ☞ Cool and serve with Sweetened Whipped Cream.

Pumpkin Puree

I make my own pumpkin purée and it is just that much better when it is fresh!
Pie pumpkins should have dense, dark orange flesh.

2 - 4 pie pumpkins, washed and quartered

- ☞ Wash, cut and remove seeds from pumpkins.
- ☞ Place in a roasting pan with a cover and bake at 400°F until pumpkin is hot, about 1/2 hour, then reduce heat to 350°F and continue baking several hours until pumpkin is soft and pulling away from the skin.
- ☞ You may also cook the pumpkin in the microwave but it does not develop quite as much flavour.
- ☞ Let pumpkin cool then scrape out of shell and put flesh through a food mill or sieve.
- ☞ Set in a strainer lined with cheesecloth or a porous, clean cloth and let drain for 1 hour, reserving the liquid drained for soups or rice.
- ☞ This should give you a purée that is the right density for recipes and may be measured in the amounts you need for pies or muffins and can be frozen to use later.
- ☞ It will keep in the refrigerator for about a week.