

Traditional Pumpkin Pie with Caramelized Pumpkin

Carolyn T's
Internet
Cookbook

Servings: 8

Author: Inspired by Louise Andrews Kent, from an old Vermont cookbook

Source: From a cookbook called Pumpkin: A Food for 12 Months of the Year, by DeeDee Stovel



Description: Very similar to the "real" traditional, but with a couple of twists

1. PUMPKIN: Melt the butter in a heavy skillet under medium heat. Add the pumpkin and cook until the moisture is reduced and the pumpkin is lightly browned, about 5 minutes. You will have about 3/4 cup of smooth, thick (dry-ish) and slightly caramelized pumpkin.

2. Heat the oven to 450.

3. Sprinkle the tablespoon of flour and the sugar over the pumpkin in a large bowl and stir to combine, mashing out any lumps.

4. CUSTARD: Grease the bottom of a medium saucepan with the teaspoon of butter and heat the milk over medium heat until little bubbles form around the edges. Pour the milk, cream, ginger, cinnamon, nutmeg and salt over the pumpkin and stir until well combined. Use a whisk to dissolve any cinnamon clumps. Mix in the eggs and stir well.

5. PIECRUST: Mix the flour and sugar together in a small dish and sprinkle in the bottom of the partially baked piecrust. Use a small spoon to spread it evenly over the bottom. Pull the oven shelf out and place the piecrust on the shelf. Gently pour the pumpkin mixture into the shell. Carefully push the rack back into the oven.

6. Bake pie for 15 minutes at 450, then reduce heat to 325 and continue baking for an additional 30 minutes. Or maybe another 10-15 minutes longer. The pie should jiggle slightly in the middle when it is done.

7. Make a topping of whipped cream and add powdered sugar and cinnamon, then serve on top or alongside the pie.

PUMPKIN:

1 teaspoon butter

1 cup canned pumpkin

1 tablespoon all-purpose flour

2/3 cup sugar

CUSTARD:

1 teaspoon butter

2 cups milk

2/3 cup heavy cream

1 teaspoon fresh ginger, peeled, grated

1/2 teaspoon ground cinnamon

1/4 teaspoon ground nutmeg, freshly ground if possible

1/4 teaspoon salt

2 whole eggs, beaten

PIECRUST:

1 whole pie crust (9 inch), partially baked (10 minutes)

1 tablespoon all-purpose flour

2 tablespoons sugar

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 328 Calories; 18g Fat (48.0% calories from fat); 6g Protein; 37g Carbohydrate; 2g Dietary Fiber; 91mg Cholesterol; 279mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

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