

Pumpkin Pie Made with Fresh Pumpkin



TIP:

1. The only thing that makes a fresh pumpkin pie take longer to make than a pie made with canned pumpkin is cutting and cooking the fresh pumpkin. Cutting and cooking a fresh pumpkin, as shown here, isn't difficult at all - and the little extra effort really pays off with full-on flavor.

2. Make sure to use sugar pumpkins (also called pie pumpkins) as they are more flavorful and less stringy than the much larger pumpkins grown for decoration.

3. Many pumpkin pie recipes call for a filling made with heavy cream. I've substituted heavy cream with evaporated milk to make the pie less heavy with no compromise in flavor. Evaporated milk has half the calories and 1/5th the fat content of heavy cream, though I've found that both evaporated milk and heavy cream have similar cooking properties, especially in for a pie filling like this.

Preparation Time: about 30 minutes

Cooking Time: About 1 1/2 hours total cooking time: 20-25 minutes to cook the pumpkin, about an hour to cook the pie

Ingredients

(for one 10 inch diameter pie)

1 Sugar (or pie) Pumpkin

3/4 - 1 Cup Sugar

3-4 Eggs

1 12-Ounce Can Evaporated Milk

1/2 Teaspoon Salt

1 1/2 Teaspoons Ground Cinnamon

1 Teaspoon Allspice

1 Teaspoon Ground Nutmeg

1/2 Teaspoon Ground Ginger

1 Tablespoon Vanilla Extract

Pie Crust (see Quick & Easy Pie Crust From Scratch or use your favorite pie crust recipe)



Equipment

Big Pot with Steaming Basket (you can cook the pumpkin using the technique shown below if you don't have a steaming basket)

Large Mixing Bowl

Colander

Measuring Cup

Large Sharp (chef's) Knife

Whisk (or fork)

Table Knife

Tablespoon

Fork

Teaspoon

Can Opener

Cutting Board

Pot Holder or Dish Towel

Timer



1.If you're using a **prepared pie crust**, skip to step 2. Otherwise, prepare the **dough** for the **crust of your choice** and refrigerate it for an hour before going to step 2.



2. Rinse and use your hands to clean the **pumpkin** under cool tap water. (You won't be using the **pumpkin skin** in the **filling**, but you will be cutting the **pumpkin** into pieces to fit in the pot you're using. Cleaning the **pumpkin skin** now will ensure that any **grit** or **dirt** stuck to the **skin** doesn't get on the **pumpkin flesh** as it cooks.)



3. Fill the bottom of a pot with 1 - 1 1/2 inches of tap water. (Use the same amount of water if you're not using a steaming basket.)



Put the pot on the stove, put the steaming basket in the pot, if you're using a steaming basket, and...



...turn on the burner heat to HIGH.



4. Use a large sharp (chef's) knife to cut the **pumpkin** in half.



Scoop out the **seeds** with a tablespoon, and cut the **pumpkin halves** into

smaller piece so that they fit comfortably in the pot.



5. When the pot comes to a full, big steam boil, as shown below,...



...add the **pumpkin pieces**, cover the pot with the top and...



...set a timer for 20 minutes.



6. While the **pumpkin** cooks, either roll out and prepare a **freshly made crust**

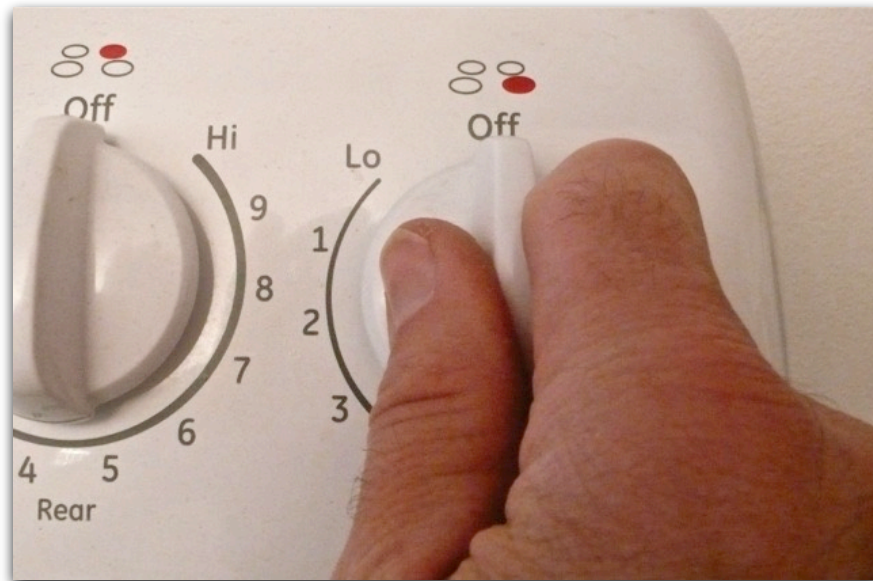
(shown below) or have a **prepared pie crust** available ready to fill.



7. When the timer sounds, check the **pumpkin** for doneness by driving a fork into the **pumpkin flesh**. The fork should go into the **pumpkin flesh** easily.



If your **pumpkin flesh** is still firm, keep cooking and checking for doneness at 5 minute intervals until the **pumpkin** is cooked through. Then turn off the burner heat, and let the pot cool until the **cooked pumpkin** is safely comfortable to touch.



8. When the **cooked pumpkin** is safely cool to touch, scoop the **pumpkin flesh** with a tablespoon into a colander placed either in the sink or in a large bowl as shown here, and toss the scooped **pumpkin** with a spoon to help drain off any **excess liquid** from cooking.



9. Make sure the oven rack is set about half way between the top and bottom of the oven, and preheat the oven to 375 degrees.



10. Pour the **drained pumpkin** into a big bowl and add the following:



3/4 - 1 cup sugar (I use 3/4 cup of brown sugar, but any sugar will work. Using 1 cup sugar will make for a sweeter pie. 3/4 cup of sugar allows more pumpkin flavor to come through.)



3-4 eggs (I use 3 eggs. Using 4 eggs will make the pie a little more rich.)



12-ounce can evaporated milk (some recipes call for the same **12 ounces of heavy cream**, but **heavy cream** has twice the calories and five times the fat content of **evaporated milk**)



1/2 teaspoon salt



1 1/2 teaspoons ground cinnamon



1 teaspoon allspice



1 teaspoon ground nutmeg



1/2 teaspoon ground ginger



1 tablespoon vanilla extract



11. Use a fork or whisk (shown below) to mash the **pumpkin** and combine it with the rest of the **ingredients** until...



...the **filling** looks about like this. (Small lumps in the filling can be left as is, but large lumps should be mashed until they're smaller about as shown here.)



12. Pour the **liquid pumpkin filling** into a **pie crust**.



13. When the oven temperature reaches 375 degrees, put the **pie** into the oven and set a timer for 1 hour.



14. When the timer sounds, check the **pie** for doneness by using a table knife to cut into the middle of the **pumpkin filling**.



The knife should come out mostly dry as shown below in the photo above left. If your knife comes out mostly wet with **moist pie filling** stuck to it as shown in the lower right photo, keep cooking and checking the **pie filling** at 10-15 minute intervals until the knife blade comes out about as clean and dry as shown in the photo above left.



15. When the **pie** is done, carefully take it out of the oven with pot holders or folded dish towels and let it cool on a heatproof surface (like a cool stovetop) until the **pie** is safe to handle.



Pumpkin pie is best served warm either as is or topped with **whipped cream** and/or **vanilla or your favorite flavored ice cream**.

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