

How to Tuesdays

HOW TO COOK PUMPKIN

How to Tuesday Pumpkin Pie

Is this cheating? I posted how to cook a pumpkin about a month ago, but that was the cliff notes--this is the book. And, this one has a happy-ever-after ending: A PIE!



Start with a pumpkin...any pumpkin will do but I had this luscious, beautiful Galeuse D'Eysines. Or, as we say in Missouri, Peanut Pumpkin.



Clean the pumpkin with a good organic cleaner. I use Basic H from Shaklee.



Cut into average sized slices.



Remove the seeds. Roast 'em or save them to plant!



Add small amount of water to baking pan.



Arrange slices skin side up in pan, cover with lid or aluminum foil and bake at 325 until pumpkin is fork tender. The amount of baking time will depend on how large your pumpkin is; this one took 90 minutes.



Remove the pumpkin from the skin; this is a breeze, it comes right off.



Puree the pulp to remove the fibers. You can do this with a hand held crank type or an electric mixer.



Now you have a bowl full of beautiful, creamy pumpkin. This one made enough for four pies!

Recipe:

- 2 cups pureed pumpkin
- 1 1/2 cup heavy cream
- 1/2 cup packed dark brown sugar
- 1/2 cup white sugar
- 1/2 teaspoon sea salt
- 2 eggs
- 1/12 teaspoon cinnamon
- 1 teaspoon ginger
- 1/4 teaspoon each nutmeg, cloves and cardamom
- 1/2 teaspoon lemon juice

Bake 425 for 15 minutes; reduce temp to 350 for 50 minutes or until knife inserted in center comes out clean. The baking time will depend on the amount of water in your pumpkin.



Wala. The perfect Thanksgiving pumpkin pie! Courtesy of Chef Gary.