

PickYourOwn.org

Where you can find a pick-your-own farm near you!

Click on the printer icon that looks like this:  Print (at the top left, to the right of "save a copy") to print!
See www.pickyourown.org/allaboutcanning.htm for many other canning directions and recipes

How to Make Homemade Pumpkin Pie - from a Real Pumpkin, Not a Can!

You probably take canned pumpkin for granted. You're there, the can is there, there's a pumpkin on the label... open it and mix it up with spices to make a pie, right? Ah, but a pumpkin pie made from a fresh pumpkin tastes so much better than the glop that was processed last year! Here's how to do it, complete instructions in easy steps and completely illustrated. And it is much easier than you think, using my "patented" tips and tricks!



Ingredients and Equipment

Equipment

- A sharp, large serrated knife
- an ice cream scoop
- a large microwaveable bowl or large pot
- 1 large (10 inch) deep-dish pie plate and pie crust (see this page www.pickyourown.org/piecrust.php for pie crust making instructions) - or two small pie plates (9 inch) and crusts (Metric: a 10 inch pie plate is a pie plate with a diameter of 25 cm, and a depth of almost 5 cm)

Ingredients

- a pie pumpkin (see step 1)
 - 1 cup sugar (see step 10 for alternatives) (metric: 200 grams)
 - 1.5 teaspoon ground cinnamon (metric: 3.8 grams)
 - 1 teaspoon ground cloves (metric: 2 grams)
 - 1 teaspoon ground allspice (metric: 2 grams)
 - 1/2 teaspoon ground ginger (metric: 1.25 grams)
 - 1/2 teaspoon of vanilla extract (optional) (metric: 20 grams)
 - 1/2 teaspoon salt (optional, I don't use any)
 - 4 large eggs
 - 3 cups pumpkin glop (ok... "sieved, cooked pumpkin") (metric: 0.7 litre)
 - 1.5 cans (12oz each) of evaporated milk (I use the nonfat version) for best results. (metric: each can is about .35 liter, or about a half liter total))
- If you can't get canned evaporated milk, make your own from nonfat dried milk and make it twice as concentrated as the directions on the box call for!
- If you can't get nonfat dried milk, just use milk.
- If you are lactose-intolerant, use lactose-free milk.



Recipe and Directions

Step 1 - Get your pie pumpkin



"Pie pumpkins" are smaller, sweeter, less grainy textured pumpkins than the usual jack-o-lantern types. grocery stores usually carry them in late September through December in the U.S. Note: the Libby's can of cooked pumpkin is just there for reference - it is the small can, so that gives you an idea of the size of a typical pie pumpkin. They're only about 8 inches in diameter.

Just like selecting any squash, look for one that is firm, no bruises or soft spots, and a good orange color.

Step 2 - Prepare the pumpkin for cooking

Wash the exterior of the pumpkin in cool or warm water, no soap.

Cut the pumpkin in half. A serrated knife and a sawing motion works best - a smooth knife is more likely to slip and hurt you!



Step 3 - Scoop out the seeds...



And scrape the insides. You want to get out that stringy, dangly stuff that coats the inside surface. I find a heavy ice cream scoop works great for this.

Note: SAVE THE SEEDS:

The seeds can be used either to plant pumpkins next year, or roasted to eat this year! Place them in a bowl of water and rub them between your hands. then pick out the orange butts

<http://www.pumpkinpatchesandmore.org/pumpkinpie.php>

(throw that away) and drain off the water. Spread them out on a clean towel or paper towel to dry and they're ready to save for next year's planting or roast. See this page www.pickyourown.org/pumpkinseeds.php for roasting instructions.

Step 4 -Cooking the pumpkin

There are several ways to cook the pumpkin; just choose what is most convenient for you: microwave (my preference), steaming on the stovetop, pressure cooker or bake in the oven. I'll describe microwaving here, and at the end of this document, I've included alternative instructions to replace step for, if you'd rather use a different method.

Put it in a microwaveable bowl

Remove the stem, and put the pumpkin into a microwaveable. You may need to cut the pumpkin further to make it fit. The fewer the number of pieces, the easier it will to scoop out the cooked pumpkin afterwards.

Put a couple of inches of water in the bowl, cover it, and put in the microwave.



Step 5 - Cook the pumpkin until soft



Cook for 15 minutes on high, check to see if it is soft, then repeat in smaller increments of time until it is soft enough to scoop the innards out. Normally it takes 20 or 30 minutes in total.

Note: You CAN cook it on the stovetop; it will just take longer (almost twice as long)

Step 6 - Scoop out the cooked pumpkin

Using a broad, smooth spoon, (such as a tablespoon) gently lift and scoop the cooked pumpkin out of the skin. It should separate easily in fairly large chunks, if the pumpkin is cooked enough.



Step 7 - Puree the pumpkin

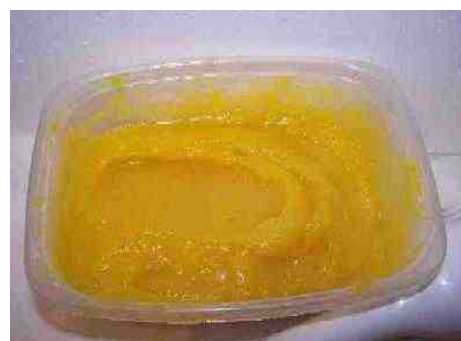


To get a nice, smooth consistency, I use a Pillsbury hand blender. A regular blender works, too (unless you made a few frozen daiquiris and drank them first..). Or even just a hand mixer with time and patience.

With the hand blender, it just takes 2 or 3 minutes!

Step 8 - Done with the pumpkin!

The pumpkin is now cooked and ready for the pie recipe. Get the frozen daiquiris out from step 7 and take a break! :)



Step 9 - Make the pie crust

Yes, I know there are ready-made pie crusts in the frozen section at the store, but they really are bland and doughy. A flaky crust is easy to make!~

It is also time to start preheating the oven. Turn it on and set it to 425 F (210 C, for those in Europe)

[Click here for illustrated pie crust instructions!](#)

(it will open in a new window)

Step 10 - Mix the pie contents

All the hard work is behind you! Here's where it gets really easy. If you start with a fresh 8" pie pumpkin, you will get about 3 cups of cooked, mashed pumpkin. The right amount of ingredients for this is as follows:



- 1 cup sugar
- 1.5 teaspoon ground cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- one half teaspoon ground ginger
- one half teaspoon salt (optional, I don't use any)
- 4 large eggs
- 3 cups pumpkin glop (ok... "sieved, cooked pumpkin")
- 1.5 cans (12oz each) of evaporated milk (I use the nonfat version)

Mix well using a hand blender or mixer.

Step 11 - Pour into the pie crust



I like a deep, full pie, so I fill it right up to about one quarter to one half inch from the very top.

I like a deep, full pie, so I fill it right up to about one quarter to one half inch from the very top.



Step 12 - Bake the pie

Bake at 425 F (210 C) for the first 15 minutes, then turn the temperature down to 350 F (175 C) and bake another 45 to 60 minutes, until a clean knife inserted into the center comes out clean.

Here is the finished pie, right out of the oven:

I use a blunt table knife to test the pie. The one at left has already been stuck in the pie, and you see it comes out pretty clean, when the pie is done.



Step 12 - Cool the pie



And enjoy! Warm or chilled, with whipped cream or Cool Whip - it's great!

Alternative Cooking methods for step 4

If you don't have a microwave, or prefer another method, try these:

Stovetop steaming - Place your steaming basket or grid in the bottom of a large pot. Put enough water so it won't boil dry in 20 minutes, and yet is not so high that the pumpkin is touching the water level. You may need to add more water during the cooking. Add the pumpkin prepared in step 3, and get the steamer going. The cooking

time is only between 8 and 12 minutes, depending on the range (gas or electric), and the pumpkin literally falls off the skin.

Pressure cooker - Place your grid in the bottom of the pressure cooker. If your pressure cooker came with directions, follow those for pumpkin and/or winter squash, like butternut squash. If, like most people, you've long since lost the directions, try this: Add enough water to just touch the bottom of the grid or shelf that you will place the pumpkin on. Add the pumpkin prepared in step 3, put the lid with the gasket, the weight and anything else your cooker requires in place, and turn the heat on high. Once it starts hissing, turn it to medium or medium high. The cooking time should only be about 10 minutes, and the pumpkin should literally fall out of its skin.

Oven - You can also bake the prepared pumpkin in the oven, just like a butternut squash. This method takes the longest. Just put the prepared pumpkin in an ovenproof container (with a lid), add about 3 cups of water to help prevent it from drying out and pop it in an 350 F (175 C) oven. It normally takes about 45 minutes to an hour; just test it periodically by sticking it with a fork to see if it is soft!