

## **Recipe and Directions for homemade pumpkin pie**

### **Step 1 - Prepare the pumpkin for cooking**

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

### **Step 2 - 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.

### **Step 3 - Put it in a microwave able bowl**

Remove the stem, and put the pumpkin into a microwave able bowl. 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 4 - 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.

### **Step 5 - 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 and in fairly

large chunks, if the pumpkin is cooked enough. Puree the pumpkin.

### **Step 6 - Done with the pumpkin!**

The pumpkin is now cooked and ready for the pie recipe.

### **Step 7 - Mix the pie contents**

All the hard work is behind you! Here's where it gets really easy. It is time to start preheating the oven. Turn it on and set it to 400 F. 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
- 1.5 cans (12oz each) of evaporated milk (I use the nonfat version)

Mix well using a hand blender or mixer.

### **Step 8 - Pour into the pie crust and bake the pie**

Bake at 425 F (210 C ) for the first 15 minutes, then turn the temperature down to 250 F (175 C ) and bake another 45 to 60 minutes, until a clean knife inserted into the center comes out clean.

Let pie cool and enjoy!