

■ Section I - Cooking Recipe – American Pumpkin Pie

Ingredients:

For the filling

- 625g pumpkin
- 1 (400g) can evaporated milk chilled
- 2 eggs, beaten
- 1 cup (185g) dark brown soft sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

For the pastry

- 3 cups (375g) plain flour
- 1 teaspoon salt
- 220g butter
- 1/2 cup (125ml) cold water

American Pumpkin Pie



Instructions:

1. Preheat oven to 200 degrees C.
2. Halve pumpkin if necessary and scoop out any seeds and stringy portions. Cut pumpkin into chunks.
3. In a saucepan over medium heat, cover the pumpkin with water and bring to the boil. Reduce heat to low, cover and simmer for 30 minutes or until tender. Drain, cool and cut away the skin.
4. Return pumpkin to the saucepan and mash with a potato masher. Drain well, and measure 500g of the mashed pumpkin; reserve any excess pumpkin for another use.
5. Prepare pastry by mixing together the flour and salt. Rub butter into flour and add 1 tablespoon cold water to mixture at a time. Mix and repeat until pastry is moist enough to hold together.
6. With lightly floured hands, shape pastry into a ball. On a lightly floured board, roll pastry out to about 5mm thickness. Transfer to a 20-23cm pie dish, gently pressing pastry into the base and up sides.
7. Cut off any excess pastry hanging over the sides of the dish, and pinch pastry securely around the inner edge. Refrigerate any remaining pastry for another time.
8. In a large bowl with mixer speed on medium, beat pumpkin with eggs, sugar, cinnamon, ginger, nutmeg and salt. Mix well.
9. Using a mixer whip the chilled evaporated milk until foamy and then fold into the pumpkin mix
10. Pour into a prepared pie dish. Bake in preheated oven for 40 minutes or until a knife inserted in the centre comes out clean.