



Cooking Corner: Pumpkin Pie

With Thanksgiving tomorrow, we couldn't resist giving you a recipe for holiday comfort food! You can use canned pumpkin in this recipe, but we strongly suggest roasting your own winter squash instead. We love using a deep orange, rich-tasting, sweet variety like butternut, kabocha, or buttercup. You can also use a fresh pumpkin, just make sure you're using one labeled "pie pumpkin," as these varieties are more flavorful than the jack-o'-lantern types.

To prep your squash or pumpkin, you'll need to roast it. Cut the squash in half (take care, it can be hard to slice through the tough skin!) and scoop out the seeds with a spoon. Place the halves cut-side down on a shallow pan, and add about a quarter inch of water. Roast at 400 degrees for about half an hour, or until it's soft when you poke it with a fork. Allow the squash to cool and scoop it out of the skin with a spoon.

You can use your roasted squash or pie pumpkin in any recipe that calls for a can of pumpkin puree. One 15 oz. can of pumpkin is equivalent to about 1 $\frac{3}{4}$ cups of roasted squash. A 16 oz. can is equivalent to 2 cups.



This gorgeous pie from [spoonforkbacon](#) features a vanilla wafer crust. Find the [full recipe on theFIX](#).

Try the recipe linked in the photo's caption above. Or, go for this more traditional recipe for pumpkin pie, adapted from the 1969 Betty Crocker cookbook:

Crust – for 8-9” pie

1 cup all-purpose flour (white whole wheat flour works great)

1/2 tsp. salt

1/3 cup butter, softened

2-3 tbsp. cold water

Combine dry ingredients in a bowl. Cut in butter thoroughly, until mixture is well blended. Add cold water one tablespoon at a time, lightly stirring to incorporate. Stop adding water when dough almost cleans the side of the bowl.

Gently gather dough into a ball and flatten on a flour-covered surface. With a floured rolling pin, roll dough until an inch or two larger than pie pan. Slide a spatula under dough to loosen, and carefully fold in half and in half again. Place in pie pan and unfold to fit. Press dough into pan and remove or roll extra dough along edge of pie pan. Flute or decorate the edge as desired.

Pumpkin Pie Filling – for 9” pie

2 eggs

2 cups canned or roasted pumpkin or winter squash

3/4 cup sugar

1/2 tsp. salt

1 tsp. cinnamon

1/2 tsp. ground ginger

1/4 tsp. ground cloves

1 2/3 cups evaporated milk or light cream

Heat oven to 425 degrees. Beat eggs by hand or with rotary mixer. Beat in remaining ingredients. Pour into unbaked pie crust. Bake 15 minutes. Reduce oven temperature to 350 degrees and bake for approximately 45 more minutes or until a knife inserted into the center comes out clean. Cool and serve with whipped cream.

Hope this tasty dessert adds to the bounty of food that you share with friends and family this year. Happy Thanksgiving!