

Recipe for You

Start the season with a slice of this delicious Pumpkin Pie

Recipe by: Nancy Scott



Ingredients

Use a cup that holds about 250ml

Pie Pastry:

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup shortening (e.g. Biskin)
- 3 1/2 tablespoons cold water

Filling:

- 2 cups mashed, cooked pumpkin
- 1 (12 fluid ounce) can evaporated milk
- 2 eggs, beaten
- 3/4 cup packed brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt

Important Units

| | |
|------------|-------------|
| 1/8 Inch | 0,3 cm |
| 1 1/2 inch | 3,8 cm |
| 8-9 inch | ca. 20-23cm |

| | |
|--------|-------|
| 425° F | 220°C |
| 400°F | 200°C |
| 375°F | 190°C |
| 350°F | 175°C |

Directions

Prep 20 m – Cook 40 m – Ready In 1 h

Preheat your oven to 400 degrees F.

Prepare the pie crust by mixing together the flour and salt. Cut the shortening into the flour and then add the cold water 1 tablespoon at a time. Mix the dough and repeat the process until it is moist enough to hold together.

With lightly floured hands, shape the dough into a ball. On a lightly floured board, roll out the dough to about 1/8 inch thickness. With a sharp knife, cut the dough 1 1/2 inch larger than the upside-down 8- to 9-inch pie pan, easing the dough into the bottom .

In a large bowl, beat the pumpkin with the evaporated milk, eggs, brown sugar, cinnamon, ginger, nutmeg, and salt until smooth. Pour the filling into the prepared crust.

Bake your pie for 40 minutes or until a knife inserted 1 inch from the edge comes out clean.

Nutrition Facts:

Per Serving: 363 calories; 18 g fat; 44.3 g carbohydrates; 7.4 g protein; 60 mg cholesterol; 365 mg sodium.



Have fun baking and enjoy!