



HOMEMADE PUMPKIN PIE

Ingredients

For the crust:

1/2 c. butter or other solid fat (lard or coconut oil;
you can use up to 2 T. vegetable oil if you like)

1 1/2 c. flour

1 T. sugar

1/8 t. salt

1/4 t. crushed rosemary

4-5 T. ice cold water



For the filling:

1 pie pumpkin, 3-4 lb

3/4 c. sugar

2 t. cinnamon

1 cup milk

1 egg

If making a vegan pie substitute non-dairy milk, omit the egg, and mix 1 T. ground flax seed with 2 T. water & let sit for 10 minutes. Add 1/2 t. baking soda and 2 t. vinegar to the pumpkin mixture.

Directions:

To make the crust, combine all of the ingredients EXCEPT the ice water in a large bowl. Use a pastry cutter or fork to work the fat into the dry ingredients. This should take a couple of minutes and the resulting mixture should look a little like sand. Add the water, 1 tablespoon at a time, to the mixture, gently incorporating the water into the mixture until it forms a dough. Alternatively, you can use a food processor to do this as well. Form the dough into a flattened disc about 4 inches wide and wrap in plastic wrap. Refrigerate for about 20 minutes. Then roll the dough into an 11-inch circle and transfer to a pie plate.

To make the filling, bake the pumpkin at 350° F for 1.5-2 hours, or until a knife easily pierces the pumpkin all the way to the center cavity. Allow the pumpkin to cool completely, then remove the seeds and peel the tough skin away from the flesh. For a silky smooth pie, run the pumpkin through a food mill or food processor. Measure 2 cups pumpkin puree.

In a large bowl, combine all the ingredients for the filling and pour into the prepared pie shell. Bake at 375 F for 20 minutes, then reduce heat to 350 F and bake 50-60 minutes longer.