

Children
must be
supervised
by an adult



Mary's Pumpkin Pie

Pumpkin pie is a dessert pie. The pumpkin is a symbol of harvest time, and pumpkin pie is generally eaten during the October and early winter

Recipe

1 pack sweet pastry

450gm pumpkin, prepared weight

75gm dark soft brown sugar

2 large eggs plus 1 egg yolk/ 1 level tsp cinnamon/ 1/4 level tsp nutmeg

1/2 level tsp allspice/ 1/4 level tsp cloves / 1/2 level tsp ginger/ 275ml double cream



Method

1. Roll pastry into dish and bake 170 for 20/25 mins

2. Prepare the pumpkin (ask an adult to help do this) cut into hunks without skin. bake in oven 20/25 mins

3. Pass the cooked pumpkin through a sieve into a bowl. Mash with a fork.

4. In a bowl whisk together the eggs and egg yolk.

5. On a pan heat cream, sugar and spices and simmer, making sure everything is mixed together. Pour over the eggs and whisk again. Add the pumpkin purée, whisking everything together. Pour into the pastry case and cook 180c/350f/gas mark 4 for approx 35 to 40 minutes .

6. Allow to cool and serve with cream





Mary's Pumpkin Pie

Pumpkin pie cont'd

Pumpkin Seeds

1. Wash the pumpkin seeds in a colander removing any flesh
2. Place in a saucepan and cover with water and boil for 15 minutes. Drain and pat dry with kitchen paper
3. In a bowl, place some olive oil or melted butter and toss well.
4. Place the seeds on a lined baking tray and sprinkle with seasoning of your choice.
5. Bake in oven for approx 20 minutes. Use in salads or nibble when required.

