

# Maple Pumpkin Pie

Serves 8-10

From the Garden: pumpkin

## Ingredients:

1 cup pumpkin puree  
40g melted butter  
1/3 cup sugar  
1/3 cup maple syrup  
1 tsp cinnamon  
1 tsp grated nutmeg  
2 eggs, separated  
1/3 cup milk  
2 tbsp cream  
1 quantity short crust pastry

## Equipment:

Basic toolbox, mixing bowls, 20cm tart tin

## Method:

1. Turn oven on to preheat to 200° C.
2. Grease tart tin with butter, making sure to get into every crevice. Dust with flour and shake out excess.
3. Roll out shortcrust pastry to about 4mm thick. Press gently into tart tin. Trim off any excess that may hang over the edges of tart tin. Prick the base of the pastry with a fork and place tin in fridge for 10 mins.
4. Then place a sheet of baking paper onto tart, cover with baking weights or dried beans. **\*Place tray in oven.\*** Bake for 20 minutes or until golden brown.
5. *While the pastry is cooking...*  
Put pumpkin puree into a large mixing bowl. Add the melted butter, sugar, maple syrup and spices. Mix thoroughly.
6. In a medium mixing bowl whisk together the egg yolks, milk and cream. Then add this mix to the pumpkin bowl and stir through gently.
7. Next, beat the eggwhites in a clean, dry mixing bowl with electric beaters. Beat until soft peaks form. Fold the stiff eggwhites into the pumpkin mix.
8. Pour filling into the cooked pastry shell and bake for about 30-35 minutes.

Enjoy!

Tasks within two \* \_\_\* means please get an adult to help.

Recipe reference: adapted from "Kitchen Garden Companion" recipe by Stephanie Alexander

