

PUMPKIN PIE

Chef Thomas – MCC Culinary Management

Yields: 4 ea 9 in

Serves: 32

Serving Size: 1 serving



Ingredients	U.S.	Metric
Filling:		
Eggs, beaten slightly	4 - 2 oz	4 - 50 g
Pumpkin purée	2 lb	960 g
Granulated sugar	12 oz	360 g
Salt	1 tsp	6 g
Nutmeg, ground	1/2 tsp	1 g
Cloves, ground	1/2 tsp	1 g
Cinnamon, ground	2 tsp	4 g
Ginger, ground	1 tsp	2 g
Evaporated milk	24 fl oz	720 ml
Flaky dough pie shells, unbaked	4	

Instructions

1. Combine the eggs and pumpkin. Blend in the sugar.
2. Add the salt and spices, and then the evaporated milk. Whisk until completely blended and smooth.
3. Allow the filling to rest 15 to 20 minutes before filling the pie shells. This allows the starch in the pumpkin to begin absorbing liquid, making it less likely to separate after baking.
4. Pour the filling into the unbaked pie shells. Place in the oven on a preheated sheet pan at 0°F (200°C). Bake 15 minutes. Lower the oven temperature to 350 °F (180 °C) and bake until a knife inserted near the center comes out clean, approximately 40 to 50 minutes.

Approximate values per 1/8-pie serving: Calories 210, Total fat 10 g, Saturated fat 2.5 g, Cholesterol 30 mg, Sodium 230 mg, Total carbohydrates 25 g, Protein 4 g, Vitamin A 6%