



Colonial Custard Pie Pumpkin Dessert

Known as George Washington's Favorite Pumpkin "Pie"

- 1 small pie pumpkin or sugar pumpkin
- Cooking oil light spray if desired
- 1 Tablespoon brown sugar
- 1 teaspoon molasses
- 1/4 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/8 teaspoon ground ginger
- 1 egg
- 1/3 cup heavy whipping cream
- 1/2 Tablespoon unsalted butter

Cleaning pumpkin: Wash and dry pumpkin; cut top portion off pumpkin to form a shell and lid. Remove seeds to colander; discard orange fibers; rinse seeds; set aside on paper towels to dry. Clean; discard any remaining fibers from shell and lid; rinse shell and lid; set upside down on paper towel to drain off excess water. If desired, lightly coat outside of pumpkin and lid with cooking oil.

Preheat oven to 350 degrees F.

Prepare Custard Filling: In small bowl, combine brown sugar, molasses, cinnamon, nutmeg, and ginger. Place egg and whipping cream in mixing bowl; add brown sugar mixture. Beat until well mixed. Spoon filling into the pumpkin shell; sprinkle with small dots of butter. Place the pumpkin in center of 13x9-inch baking dish. Cover with

pumpkin lid. Place baking dish on one of the lower racks. Bake in 350 degree oven for 60 to 90 minutes, depending on pumpkin size, or custard is set. Remove from oven. Leave covered to cool about 20 minutes or able to move with a large spatula to large cooling rack or serving platter. Remove lid carefully; set aside. Cool until only slightly warm.

Cooks Note: If baking a larger pumpkin, double the custard recipe.

To Serve: Place dollops of Maple Pumpkin Pie Whipped Cream inside pumpkin; lightly sprinkle with pumpkin pie spice if desired. Garnish serving plate with Sweet 'n Salty Pumpkin Seeds. See attached recipes...

Let guests use serving spoon to remove soft pumpkin, custard and whipped cream to dessert plates. Serve additional whipped cream and pumpkin seeds on the side.

Maple Pumpkin Pie Whipped Cream

2/3 cup heavy whipping cream

1 Tablespoon maple syrup

1/2 Tablespoon granulated sugar

1/2 teaspoon vanilla extract

1/4 teaspoon pumpkin pie spice

Beat the heavy cream on high speed until beginning to thicken; add maple syrup, sugar, vanilla, and pumpkin pie spice; continue to whip the cream until forms stiff peaks.

Serves: about 4

Sweet 'n Salty Pumpkin Seeds

1 Tablespoon unsalted butter, melted

1 cup fresh pumpkin seeds, rinsed and patted dry

1/2 Tablespoon granulated sugar

1/4 to 1/2 teaspoon salt

1/4 to 1/2 teaspoon pumpkin pie spice

In 10 inch skillet, melt butter. Add dry pumpkin seeds; cook to lightly brown. In small bowl; combine sugar, salt, and pumpkin pie spice. Remove seeds from pan to medium sized bowl. Set aside about 1 teaspoon spice mix; toss seeds with remaining combined spice mix. Return to pan; cook over medium heat for 3 to 5 minutes. Remove pumpkin seeds, sprinkle with remaining spice mix; spread pumpkin seeds over foil covered dish to cool completely. Yield: 1 cup pumpkin seeds

Alternate Directions to Prepare in Oven

Heat oven to 300 degrees F. Spread seeds on a rimmed baking sheet. Bake until dry throughout, 50 to 60 minutes. Increase oven temperature to 350 degrees F. Mix seeds with butter, sugar, salt, and spice in large bowl, making sure to thoroughly coat seeds. Return seeds to baking sheet and toast, tossing occasionally, until golden brown about 10 to 15 minutes.

For More Information See:

<http://www.spokesman.com/stories/2013/nov/20/whole-pumpkin-custard-stuffed-with-history/>

<http://www.cooks.com/recipe/1i1ig9pl/george-washingtons-favorite-pumpkin-pie.html>

<http://kitchen-parade-veggieventure.blogspot.com/2009/10/whole-pumpkin-baked-with-custard.html>