



## **Pumpkin Pie Becomes an American Classic**

### **Streusel Topped Pumpkin Pie**

**Welcome to** *Delightful pumpkin pie with a spicy Dutch streusel topping*

#### **Flaky Pie Crust**

1-1/2 cups all-purpose flour  
1 Tablespoon granulated sugar  
1/4 teaspoon salt  
1/2 cup unsalted butter, cold, cubed  
1 Tablespoon vegetable shortening  
6 to 7 Tablespoons ice water

- Place flour, sugar, and salt in food processor; pulse 5 to 6 times to combine ingredients. Add butter and shortening; pulse until the size of peas.
- Add 1 Tablespoon ice water at a time to flour butter mixture, process until dough starts to hold together.
- Form into a ball, flatten into a dish, wrap in plastic or parchment. Chill several hours or overnight before rolling.

**Before You Start Baking:**

Lightly spray baking oil in 9-1/2- to 10-inch-deep dish pie dish or pan.

**Place Pie Crust in Baking Dish:**

- Remove chilled crust from refrigerator; let warm slightly about 5 to 10 minutes or until you can roll the chilled crust.
- Lightly flour the pastry mat and rolling pin. (Combine about 1 Tablespoon flour with 1 teaspoon cornstarch for this.)
- Roll crust dough into a 12-inch circle.
- Fit dough into prepared deep dish pie pan; trim; flute edges; prick sides and bottom of crust, chill for 15 minutes. Preheat oven to 375 degrees F.

**Spiced Streusel:**

1/2 cup all-purpose flour  
1/2 teaspoon pumpkin pie spice  
1/8 teaspoon salt  
1/4 cup cold butter, cubed  
1/4 cup light brown sugar  
1/4 cup pecan halves, chopped

**Prepare Spiced Streusel:** In a mixing bowl, stir flour, pumpkin pie spice, and salt together. Add butter and brown sugar until begins to form crumbs. Add pecans; mix forming a medium crumb mixture; set aside.

**Prebake Crust:** This step is important, so the pie has a crisp crust.

Remove pie from refrigerator; check shape of flute edges. Line crust dough and edges with foil; fill with dry beans or pie weights. Bake in 375 degrees F. preheated oven for 30 minutes. Remove from oven; carefully remove foil and pie weights. Cool pie crust slightly while mixing filling.

Preheat oven to 425 degrees F.

**Pumpkin Pie Filling:**

1/2 cup light brown sugar  
1/4 cup granulated sugar  
1/2 teaspoon salt  
1-1/2 teaspoons pumpkin pie spice  
2 eggs  
1 (15 oz.) can 100% pure pumpkin (not a mix)  
1 teaspoon pure vanilla  
1/4 teaspoon rum extract  
1-1/4 cups heavy cream or evaporated milk

- In a medium sized bowl, stir brown sugar, granulated sugar, salt, and pumpkin pie spice. Set dry ingredients aside.
- In a mixing bowl, mix eggs; stir in pumpkin, vanilla, and rum extract. Mix in pumpkin and dry ingredients until smooth. Gradually stir in heavy cream.
- Pour mixture into prebaked pie crust. Place dish on baking sheet.

- Bake in a preheated 425 degrees F. oven for 14 to 15 minutes.
- Remove pie carefully from oven. Decrease oven temperature to 350 degrees. Sprinkle reserved streusel carefully over the top of the pie
- Place a silicone circle or aluminum foil around the crust edge Return pie to oven; bake for about 40 to 50 minutes or until top crust is golden and pumpkin filling is set. Remove from oven; carefully remove the silicone edge cover. Set pie aside to cool. Refrigerate to chill.  
Serves: about 10 If desired, serve with whipped cream dollops.

**About the Recipe:** Pumpkin pie is a classic recipe that is served for the holidays, especially Thanksgiving. This year, add a holiday touch with a lightly spiced streusel. Enjoy the spirit of the season and one of America's favorite classic holiday pies.

### How Pumpkin Pie Becomes an American Classic

Pumpkins were first cultivated in Central America around 5,500 BC and European explorers brought them back from the New World. During the Middle Ages, people didn't eat pie crusts from the free-form pies. When European settlers arrived in North America, eating crust became normal and a great way to feed hungry people. The British started to associate pumpkin pie with Native Americans and wanted pies that were more sophisticated. The Wampanoag tribe members in the New World helped the Pilgrims survive their first year at Phymouth Colony. A year later, a three-day harvest celebration was held that most likely had pumpkin on the table in some form. For the colonists in the Americas, pumpkin pie became their own pie. By the early 18<sup>th</sup> century pumpkin pie earned a place at the table as Thanksgiving became a New England regional holiday. American cookery by Amelia Simmons was the first cookbook featuring ingredients indigenous to America and published a recipe for pumpkin pie, but it had a top crust. By the 1800s, it became a single crusted pie. 1863, Abraham Lincoln made Thanksgiving a national holiday, where most likely pumpkin pie and roast turkeys were on the menu. By 1929, Libby's meat-canning company of Chicago introduced a line of canned pumpkin, that we can find even today on our grocery shelves, saving cooks from straining one's own squash. Pumpkin pie had become a traditional holiday dessert in the United States of America.

### Enjoy the Story **The Wisdom of Little Pumpkins**

As we forge through life hoping to find our way, it's helpful to glance backward to visualize early pioneers, explorers, and Native Americans, who demonstrated tremendous courage and inner fortitude as they faced challenges. Here I was at the Hunter's Moon Festival doing just that, imagining how the past can help the future. I walked to the Native American Village and saw a burning fire licking the sides of the black pot that bubbled over the ashy embers. It was like I stepped back in time as I listened to Native American Elder White Crow relate stories that created pictures of their life history long ago. Beautiful Acorn, a descendent of the Wea tribe, stopped stirring the pot, looked up, and warmly smiled when I asked about her tribe. She explained that their summer village lay on the south side of the river on high ground to the west of a small creek. There were little cabins that housed extended families and wigwams circled

around the camp. Communal fields of corn, beans, and squash were cultivated by the Wea Women, and golden pumpkins were used to create savory as well as sweet dishes. I asked her if they ever made pumpkin pie with those pumpkins. "Of course, but not the kind you're thinking about," she giggled as she replied. "Did you ever bake a pie inside a pumpkin?" "That has to be really hard to do," I replied. "Nothing is hard if you take it in small steps. Just simply put it on the grill; slowly turn it around until it softens; cut off the top; remove the seeds; and then add maple sugar, syrup, or our favorite, honey with some fresh berries." Bending down she grabbed a small pumpkin, placed it in my hands, and said if you don't try, you will never know how delicious life can be." Little did I know that I would receive a life lesson from the past in the form of a little pumpkin.

**Now You Know the Rest of the Story**