

Fresh Pumpkin Pie

This recipe makes ~ 6 cups of pumpkin filling for a 10" pumpkin pie



Ingredients

2 cups fresh pumpkin
1 - 12 oz can evaporated milk
2 large eggs
¾ cup packed brown sugar
½ tsp cinnamon
½ tsp ground ginger
½ tsp ground nutmeg
¼ tsp cloves
½ tsp salt

Directions:

This recipe is to make the pumpkin pie filling for you to add to your favorite pie crust.

1. Remove the fresh pumpkin from the flesh.
2. In a blender, puree your fresh pumpkin until it is smooth.
3. Mix all ingredients in a bowl until well combined (see notes below).
4. Line your trays with parchment.
5. Pour the pumpkin mixture onto your tray. Adding dividers to the trays will help keep it from sloshing while you transport the tray. It will also help with extracting the pumpkin mixture from the trays after freeze drying.
6. Pre-freeze until solid.
7. Freeze dry (my cycle time was 36 hours)
8. Powder the pumpkin mixture in a food processor or with a rolling pin.
9. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

You may prefer to add the spices when rehydrating, just before baking your pie. I found that adding them beforehand intensified their flavor during the freeze-drying process, resulting in a stronger taste compared to my usual method.

1 batch will reconstitute with about 2¼ - 2½ cups of cool water. Stir until well combined. Bake in your favorite pie crust at 400°F for 45-60 minutes.

Notes:

THIS IS STILL RAW, with raw eggs, make sure to clean your freeze dryer and handle appropriately.

Nutritional Value Per 1/8th of recipe (without pie crust)

Calories: 145 Protein: 4 g Fat: 4 g Carbohydrates: 25 g Sugar: 23 g Fiber: 1 g