



KILDUFF FARM
EAST LOTHIAN

PUMPKIN PIE

'An American classic with a Scottish twist.'



Pumpkin Pie

Method:

Pastry

1. Heat the oven to 190C|180C fan|gas 5.
2. Grease a 10" ceramic pie dish with butter. If you don't have one, a metal or glass pie dish will do.
3. Blitz the pecans in a food processor or finely chop. Add the flour, butter and icing sugar to the pecans and blend until the pastry starts to crumb.
4. Add the whole egg and blend until the pastry forms one giant ball around the bowl. If the mixture is too wet, add a little more flour until a ball forms.
5. Put the pastry mix straight into the prepared pie dish. With your hands, gently push the pastry mix evenly into the edges and around the base of the dish.
6. Prick the pastry with a fork, cover and rest in the fridge for 20 minutes.
7. Cover the pastry, especially the edges, with tin foil and line with baking beans. Blind bake the pastry case for 20 minutes. This will partly cook the pastry and prevent the pie having a raw, soggy base.

Filling

1. Cut the pumpkin in half, scoop out the seeds (saving them for later), cut into quarters and place on a baking sheet, face down, skin up. Bake at 180C for approximately 30-40 minutes until soft.
2. Place the cooled pumpkin (flesh only, no skin), honey, carnation milk and double cream into a food processor and blend until you have a smooth puree. Add the sugar, cornflour, spices, salt & pepper. In the final stages blend in the eggs.
3. Pour the mix into the pumpkin pastry shell. Take care not to overfill the dish, 3/4 full is perfect (you will have to carry it to the oven!) If you have any spare mix, pour it into individual ramekin dishes and bake along with the pie for a pastry free option.
4. Bake the pie in the preheated oven for 50 – 55 minutes. About halfway through, when the top of pie has set, gently cover the pie with tin foil. This stops the pastry edge singeing. If you are baking the mix in ramekins these ones should be ready at this point too.

Honey Pumpkin Seeds

1. Rinse the pumpkin seeds, removing the stringy pumpkin flesh and dry.
2. Toss the seeds in a mix of 2 tbsp honey & a dash of water.
3. Lay the honey coated seeds flat on a greased tray and bake in the oven at 180C for approximately 15 minutes. Make sure you keep an eye on the pumpkin seeds as they can burn easily.
4. Once golden, remove the seeds from the oven and leave to cool completely. Then break into pieces.
5. Use the seeds to decorate the edge of your pie.

Makes 12

Ingredients:

Pastry

- 100 g pecans (optional but delicious)
- 150 g plain flour
- 75 g unsalted butter, room temperature
- 50 g icing sugar
- 1 large egg

Pumpkin filling

- 450g freshly roasted & cooled pumpkin flesh only
- 2 tsp honey (plus extra honey for pumpkin seed brittle)
- 150 ml carnation milk
- 150 ml double cream
- 100 g soft brown sugar
- 3 large eggs
- 1 tbsp cornflour
- 1 tsp mixed spice
- ½ tsp ginger powder
- ½ tsp grated nutmeg
- ½ tsp cinnamon powder
- ¼ tsp ground cloves
- 10 turns of black pepper
- 8 turns of Himalayan salt

To Serve

Warm or cold, slice it up and eat straight from the dish! For a special pudding, top with a dusting of icing sugar, honey pumpkin seeds and nutmeg cream. The pie will keep well in the fridge for a few days.

A Winning Combination

Combining fresh pumpkin and Scottish honey is what makes this recipe so delicious. We used blossom honey from The Scottish Bee Company whose hives are on The Patch at Kilduff, but any good quality honey will be delicious.



THE PATCH
KILDUFF FARM



This recipe has been lovingly created for Kilduff Farm by Sonia Lee, LeelifeNutrition.

Sonia is a business mentor and accredited coach but also an enthusiastic cook, nutritionally conscious recipe writer and food photographer. She has a Diploma in Culinary Medicine and Applied Nutrition. As a mother of two she is passionate about nutritional content, wellbeing and the intelligent sourcing of ingredients in her cooking. Sonia greatly supports the genuine care and attention that the team at Kilduff Farm invests into their pumpkins and is excited to be working with them to develop and promote their use.

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