

PUMPKIN CUSTARD a.k.a. Pumpkin Pie without the crust

The main ingredients can be sourced from local organic farms. A trip to the pumpkin farm or farmers' market could be for more than a Jack O Lantern!

Preparation Time: 20 min.

Number of Servings: 20

Serving size: 1/2cup when baked

Ingredients:

3c organic pumpkin or squash (pureed)
1 1/3 c Fair Trade organic sugar or 1c liquid honey
1c organic milk
1/4 c organic all purpose flour
6 organic eggs
1/2 tsp. salt
2tsp. organic cinnamon
2tsp. organic ground ginger
1/4tsp. organic nutmeg
* organic spices are readily available from natural food stores.

Beat just until blended.

Pour into a greased 2 qt casserole dish. Bake in a preheated 350 F oven for 45-50 min. or until well browned and firm to the touch.

For lunchbox size portions, pour 1/3 cup of the custard into a 125ml Mason jar (the ones used for jams) and bake 30 min. When they are cool just put the lid on the jar and send them to school as a handy snack.

Tip for cooking pumpkins and hollow squashes- Remove stem and poke holes with a fork. Bake in a covered roast pan with 1/2 " of water until very tender. Butternut squash should be cut in 1/2 lengthwise, before baking cut side down. Cool. Remove the seeds. Scrape out the flesh and puree. Pack in recipe sized portions. Keeps 1 year in the freezer.

Supplies:

Large mixing bowl
1-cup liquid measure
1-cup dry measure
Measuring spoons
Wire whisk
Wooden spoon
Medium size metal spoon
Rubber spatula
Oven mitts
2Qt casserole or 20 x 125ml jars

