

## Pumpkin Pudding

Thanksgiving: Back to Our Roots | November 2005



*Fashioned after a Pumpkin Pudding recipe featured in the cookbook American Cookery from 1796, this version is updated for modern, time-conscious cooks.*

- 3 CUPS PUMPKIN, EITHER COOKED AND MASHED\* OR CANNED**
- 1 CUP PACKED DARK BROWN SUGAR**
- 1 TBSP. PUMPKIN PIE SPICE (OR MIX OF GROUND CINNAMON, NUTMEG, GINGER, AND MACE)**
- 1 TSP. SALT**
- 4 EGGS, SLIGHTLY BEATEN**
- 1/2 CUP WHIPPING CREAM OR MILK**
- 1/2 CUP BUTTER, MELTED**
- CANDIED ORANGE PEEL (OPTIONAL)**
- SWEETENED WHIPPED CREAM (OPTIONAL)**

Butter the sides and bottom of a 10-inch deep-dish pie plate or 1<sup>1</sup>/<sub>2</sub>-quart baking dish. In a large bowl combine pumpkin, brown sugar, pie spice, and salt. Whisk in eggs, cream or milk, and butter. Pour into prepared dish.

Bake in 375° oven for 40 to 45 minutes or until knife inserted near center comes out clean. Cool on wire rack. Chill within 2 hours. Top with *Candied Orange Peel*, if desired. Serve with sweetened whipped cream, if desired. Makes 8 servings.

**\*NOTE:** For cooked and mashed pumpkin, start with about 6<sup>1</sup>/<sub>2</sub> pounds of pie pumpkin (about 3 pumpkins). Cut pumpkins into 5-inch pieces. Remove the seeds and fibrous strings. Arrange the pieces in a single layer, skin side up, in a large shallow baking pan. Cover with foil. Bake in a 375° oven for 1<sup>1</sup>/<sub>4</sub> to 1<sup>1</sup>/<sub>2</sub> hours or until tender. Cool slightly. Scoop the pulp from the rind. Puree in 3 or 4 batches in a food processor or blender until smooth. Place pumpkin in a colander lined with a double thickness of cheesecloth. Allow to stand 1 hour to drain. Press lightly to remove any additional liquid; discard liquid. This can be done 2 to 3 days ahead and refrigerated. Or, freeze pureed pumpkin for up to 6 months; thaw before using. Makes about 3 cups puree.

**CANDIED ORANGE PEEL:** Cut peel from 1 orange into quarters, cutting from stem to blossom end through the peel to the surface of the fruit. Pry back the quartered peel with a spoon. Scrape away the soft, white part inside the peel. If white pith is left on, the peel will be bitter. Cut peel into 1/8-inch-wide strips. (Wrap and refrigerate peeled fruit for another use.) Combine 1/2 cup sugar and 1/2 cup water in a 2-quart saucepan. Bring to boiling, stirring to dissolve sugar. Add peel strips. Return to boiling. Reduce heat. Cook, uncovered, over medium-low heat. Mixture should boil at a moderate, steady rate over entire surface. Cook, stirring occasionally, for 10 minutes or until peel is almost translucent. Using a slotted spoon, remove peel from syrup, allowing it to drain. Transfer peel to a wire rack set over waxed paper. Set cooked peel aside to dry overnight. Discard remaining syrup.