

Shopping List to Make Homemade Pumpkin Pie - from a Real Pumpkin, Not a Can!

<http://www.pickyourown.org/pumpkinpie.php>

Equipment

- A sharp, large serrated knife
- an ice cream scoop
- a large microwaveable bowl or large pot
- 1 large (10 inch) deep-dish pie plate and pie crust ([Click here for illustrated pie crust instructions!](#) they will open in a new window) - or two small pie plates (9 inch) and crusts (Metric: a 10 inch pie plate is a pie plate with a diameter of 25 cm, and a depth of almost 5 cm)

Ingredients

- a pie pumpkin (see step 1; you can use different types of pumpkin or even a butternut squash)
- 1 cup sugar (see step 10 for alternatives) (metric: 200 grams)
- 1.5 teaspoon ground cinnamon (metric: 3.8 grams)
- 1 teaspoon ground cloves (metric: 2 grams)
- 1 teaspoon ground allspice (metric: 2 grams)
- 1/2 teaspoon ground ginger (metric: 1.25 grams)
- Optional: 1/2 teaspoon mace (which you'll find in the very old pumpkin pie recipes)
- 1/2 teaspoon of vanilla extract (optional) (metric: 20 grams)
- 1/2 teaspoon salt (optional, I don't use any)
- 4 large eggs - to reduce fat and cholesterol, you may use egg whites (like "Egg Beaters") instead, and vegans may want to use Ener-G ([see this page for more information about egg substitutes](#))
- 1.5 cans (12oz each) of evaporated milk (I use the nonfat version) for best results. (metric: each can is about .35 liter, or about a half liter total))

Note for the UK and Europe: Nestle Carnation has two sizes of cans in England: 170g and 410g - the large 410g can is 14 fl. oz. and the small 170g can is 5 fl. oz. (the same as the small can in the US). Use one of each (19 fl. oz. total) in your pie.

Other notes:

If you can't get canned evaporated milk, make your own from nonfat dried milk and make it twice as concentrated as the directions on the box call for!

If you can't get nonfat dried milk, just use milk.

If you are lactose-intolerant, use lactose-free milk or soy milk.

One visitor tried fresh whipping cream (unwhipped) and reported the pie "turned out wonderful! "

Another suggests using coconut milk, if you are allergic to dairy.

Note: if you do not have cinnamon, cloves, allspice and ginger, you can substitute 3 teaspoons of "pumpkin pie spice". It's not exactly the same, but it will do.

Note: If you can't get evaporated milk, you can substitute nonfat dried milk - make it twice as concentrated as the directions on the box say to reconstitute it. It won't be the same as evaporated milk, but it ought to come close.

No problem! I lived and worked in Europe for 7 years, so I found a lot of good substitutions.

1 cup = 1/4 liter - about 250 ml

A visitor tells me that according to New Zealand's most trusted cookbook, Edmonds:

1 cup of Flour = 175 g (6 oz) 1 cup of Sugar = 225 g (8 oz)

Allspice is it's own spice! It is the dried, unripened fruit of a small evergreen tree, the Pimenta Dioica (typically grown in Jamaica). The fruit is a pea-sized berry which is sundried to a reddish-brown color. Pimento is called Allspice because its flavor suggests a blend of cloves, cinnamon and nutmeg. So you could make a blend of equal parts of cloves, cinnamon and nutmeg instead.

Crisco shortening is a vegetable substitute for lard, and adds no flavor. You could use butter, margarine, or even (ugh!) lard, in place of it. If you are the UK, there is something called Trex vegetable fat in the refrigerated section of the supermarket near the butter. I'm told it a good substitute for Crisco.