



MUNTONS' PUMPKIN PIE

At 30 something years of age, I am ashamed to say I didn't have my first taste of pumpkin pie until I visited a pumpkin patch the other weekend. And even more shocking, as a foodie, I hadn't tried baking one until the team set me the challenge to make a malt extract pumpkin pie!

I'm very proud of the results and am excited to share the recipe with you!

You can make this recipe as easy, or challenging as you like. Either way, the results are amazing! The quick cheat recipe is buying a pre-made pastry shell and canned pumpkin puree. Alternatively, you can make your pumpkin puree by boiling and blitzing butternut squash and using ready-roll pastry.

The one thing both ways have in common is your trusty jar of malt extract, which is readily available from health food shops and chemists. Made by extracting the natural sugars developed during the malting process, using just water and heat, malt extract contains long-chain sugars, providing a more sustained release of energy than simple sugar.

Enjoy!
Richard Platt
Senior Product Development Technologist



Muntions

PASSIONATE ABOUT MALT SINCE 1921

INGREDIENTS

- 350g sweet shortcrust pastry OR a large pre-made pastry shell.
- 1 x 425g Can of Pumpkin Puree OR 500g butternut squash, peeled, de-seeded and cut into chunks
- 3 Eggs (2 whole + 1 yolk only)
- 1/4tsp of nutmeg, ginger, cinnamon and all spice, each
- 50g caster sugar
- 200ml double cream
- 4tbsp malt extract

DIRECTIONS

Heat oven to 180C/160C fan/gas 4
Place butternut squash in a large saucepan, cover with water and bring to a boil. Cover with a lid and simmer for 15 minutes or until soft.

Drain thoroughly and allow to cool.

Meanwhile, if using your homemade pastry, roll it out on a lightly floured surface, large enough to line a 22cm/8inch loose-bottomed tart tin. Chill for 15 minutes. Blind bake in the oven for 20 minutes.

Remove the greaseproof and baking beans, and return to the oven to bake for a further five minutes.

Set aside and allow to cool.

Blitz or mash the butternut squash and strain off any excess liquid.
Weigh approx. 400g into a bowl or empty the contents of your canned pumpkin to the bowl at this stage.

Add all the other ingredients to the bowl and mix thoroughly to combine.

Pour the mixture into the tart shell and cook for approx. 30-35 minutes until the filling has just set, and you notice the mixture puff.

Remove from the oven and place the tin on a wire cooling rack and allow to cool slightly before removing from the tin, slicing, and serving.