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# Zero-Sugar Pumpkin Pie

Recipe by H.M. Turnbull



# INGREDIENTS

- 796 millilitres Pumpkin purée (1 large tin)
- 2 tablespoons Cinnamon, ground
- 2 tablespoons Ginger, ground
- ½ teaspoon Nutmeg, ground
- 1 Allspice berry, freshly ground (optional)
- 3 tablespoons Monkfruit extract, pure
- 2 tablespoons Vanilla extract, pure
- 6 Eggs, large
- 2½ cups Cream, half & half

## WHIPPED CREAM

- ½ litre Whipping cream
- 1 teaspoon Vanilla bean paste



# INSTRUCTIONS

- Preheat oven to 350°F or 175°C.
- Put 796 millilitres of pumpkin purée into a mixer bowl if you have one; otherwise, just use a large mixing bowl.
- If you have a spice grinder, you can grind the cinnamon and nutmeg yourself. There's nothing like freshly ground spices.
  - Break up some cinnamon sticks in a mortar and pestle.
  - Dump the shards of cinnamon into your spice grinder and grind to a fine powder.
  - Transfer the ground cinnamon into a small bowl.
  - Repeat with a nutmeg seed.



- (optional) Grind 1 allspice berry.
  - Drop the allspice berry into your spice grinder.
  - Pour a spoonful of the spices you've already measured into the grinder to ensure a consistent grind.
  - Grind the mixture till the allspice is as fine as the other spices.
- Mix the cinnamon, ginger, and nutmeg into the pumpkin purée.
  - 2 tablespoons Cinnamon
  - 2 tablespoons Ginger
  - ½ tablespoon Nutmeg
  - 1 Allspice berry, freshly ground (optional)
- Add 3 tablespoons of pure monkfruit extract.
- Add 2 tablespoons of vanilla extract.



- Crack open 6 large eggs and blend using a hand blender. This ensures a smooth consistency for your pie.
- Pour the eggs into the mix and stir till consistent.
- Add 2½ cups of half & half cream.
- Use a rubber spatula to ensure that all the pumpkin purée is mixed in with the cream, with none left sticking to the bottom.
- Mix well.



I actually recommend making your pumpkin pie *without a crust*. This is because the edges of your pie filling will caramelize against the buttered casserole dish, making for a more delicious pie.



- Butter a large casserole dish and pour the filling into it.
- Alternate gently shaking the dish and tapping it with your finger. You should see bubbles appear at the surface and start popping.
  - This ensures there are no large air bubbles in your pie when it cooks.
- Once you don't see any more bubbles, the pie is ready to cook.



- Place a baking tray on the lower rack in the oven and fill it with water. This will help cook the pie evenly and prevent it from cracking as it heats.
- Put the pie in the oven and bake at 350°F for 1 hour and 30 minutes (if using a wide casserole dish) or 2 hours (if using a high-rimmed vessel).



- ▶ The pie should puff up slightly, with no remaining dip in the centre.
- ▶ Pick up the casserole dish and give it a shake; the pie should appear relatively solid, but not totally stiff.
- ▶ If in doubt, stick a knife downwards into the centre of the pie to ensure it's cooked through. The knife should come up clean.

- While the pie is in the oven, clean the bowl you mixed the pie in. Leave the bowl in the freezer till you're ready to whip the cream.
- Place the pie on a cooling rack and let cool till it's safe to put in the refrigerator.
  - The pie will flatten as it cools.
  - If you plan to eat the pie within a few hours, you can speed the initial cooling by placing the cooling rack over a tray with ice and salt water.
- When the pie has cooled enough, place it on a potholder in the refrigerator and let cool completely.





## SERVING THE PIE

- Pour the whipping cream into the cold mixing bowl and whip it partway. If you're using a mixer bowl, use the whisk attachment; otherwise, use an electric hand mixer.
- Add 1 teaspoon of vanilla bean paste to the cream and whip the rest of the way.
  - You'll want to stop when the cream is just beginning to get stiff, but before any butter starts to form.
- Serve your finished pumpkin pie with whipped cream and a sprinkle of nutmeg.

