



Boris Portnoy's Pumpkin Pie

 Vegetarian

READY IN



705 min.

SERVINGS



10

CALORIES



395 kcal

DESSERT

Ingredients

- 0.3 teaspoon cardamom pods
- 1 stick cinnamon (1-1/2-inch)
- 0.5 teaspoon coriander seeds
- 0.3 cup cornstarch sifted
- 0.3 cup t brown sugar dark packed
- 1 large eggs
- 2 large eggs
- 0.3 cup flour all-purpose

- 0.8 cup granulated sugar
- 1 teaspoon ground ginger
- 0.5 teaspoon juniper berries
- 0.3 cup lemon zest dried
- 0.3 cup orange zest dried
- 0.5 teaspoon peppercorns
- 5 pound pumpkin
- 1 pinch salt fine
- 1 star anise
- 14 ounce condensed milk sweetened canned
- 2 tablespoons butter unsalted chilled cut into 4 pieces and ()
- 0.8 cup walnuts coarsely chopped

Equipment

- bowl
- frying pan
- baking sheet
- baking paper
- oven
- whisk
- blender
- plastic wrap
- aluminum foil
- stand mixer
- spatula

Directions

- Heat the oven to 200°F and arrange a rack in the middle. Completely wrap the pumpkin in foil, place it on a baking sheet, and bake until very soft, 6 to 8 hours. When cool enough to handle,

remove the foil and break the pumpkin open with your hands. Using a spoon, scoop the flesh into a large bowl, discarding the seeds and skin.

- Place the butter and sugar in a stand mixer fitted with a paddle attachment and mix on medium-high speed until pale in color and fluffy, about 3 minutes.
- Add the egg and mix until incorporated. Turn the mixer off and add the flour, cornstarch, and salt.
- Mix on low speed, gradually increasing the speed to medium, until the dough just comes together, about 1 minute. Divide the dough in half and form each half into a disk. Wrap each disk tightly in plastic wrap and refrigerate for at least 1 hour. You will only need 1 disk for this recipe. Refrigerate or freeze the second disk for another use.
- Heat the oven to 350°F and arrange a rack in the middle. Lightly flour a clean work surface and roll out 1 disk of dough into a 12-inch round approximately 1/4 inch thick. Line a 9-1/2-inch deep-dish pie plate with the dough, trimming within 1 inch of the plate. Fold the excess dough under and pinch to create a decorative edge.
- Place in the refrigerator while the oven finishes heating up, at least 15 minutes. Line the crust with a piece of parchment paper or aluminum foil large enough to overhang the edge by 1 inch, then fill it with pie weights or dried beans.
- Bake until the crust is set and light brown, about 20 minutes.
- Remove the pie weights and parchment paper or foil and continue baking until the crust is dry to the touch, about 8 to 10 minutes more.
- Place the cinnamon stick, star anise, cloves, coriander, juniper berries, Sichuan peppercorns, and cardamom seeds in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 3 minutes.
- Let cool completely.
- Transfer to a spice or coffee grinder and grind into a fine powder.
- Heat the oven to 350°F and arrange a rack in the middle.
- Place the eggs in a large bowl and whisk until the yolks are broken up.
- Add the condensed milk, 2 cups of the pumpkin purée, and 2 3/4 teaspoons of the spice mix and whisk until smooth. (Store the remaining spice mix in an airtight container in the freezer.)
- Pour the pumpkin mixture into the prepared pie crust.
- Bake until the filling is set in the middle and the edges are puffed, about 50 to 60 minutes.
- Heat the oven to 350°F and arrange a rack in the middle.

- Place the brown sugar, flour, and salt in a medium bowl and stir to combine. Using a pastry blender or your fingers, cut the butter into the dry ingredients until reduced to pea-size pieces.
- Add the walnuts and toss with your fingers to combine. Squeeze clumps of the mixture between your fingers to form irregularly shaped pieces about the size of a cashew. Turn the mixture out onto a baking sheet.
- Bake until golden brown and the nuts are toasted, about 8 minutes.
- Place the pan on a rack and scrape up the streusel from the pan with a flat spatula, then spread again into an even layer. Cool completely and sprinkle evenly over the pie.

Nutrition Facts

PROTEIN 8.8% **FAT 28.71%** **CARBS 62.49%**

Properties

Glycemic Index:34.51, Glycemic Load:35.32, Inflammation Score:-10, Nutrition Score:20.325217247009%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg, Luteolin: 3.7mg

Nutrients (% of daily need)

Calories: 394.56kcal (19.73%), Fat: 13.29g (20.44%), Saturated Fat: 4.76g (29.75%), Carbohydrates: 65.06g (21.69%), Net Carbohydrates: 62.37g (22.68%), Sugar: 48.57g (53.96%), Cholesterol: 75.31mg (25.1%), Sodium: 80.78mg (3.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.16g (18.33%), Vitamin A: 19579.74IU (391.59%), Manganese: 0.79mg (39.54%), Vitamin C: 27.98mg (33.92%), Vitamin B2: 0.52mg (30.66%), Potassium: 1008.75mg (28.82%), Phosphorus: 267.59mg (26.76%), Copper: 0.47mg (23.3%), Calcium: 196.6mg (19.66%), Selenium: 13.13µg (18.75%), Vitamin E: 2.78mg (18.5%), Folate: 63.29µg (15.82%), Iron: 2.8mg (15.58%), Vitamin B1: 0.22mg (14.34%), Magnesium: 57.05mg (14.26%), Vitamin B5: 1.3mg (13.03%), Vitamin B6: 0.25mg (12.32%), Zinc: 1.63mg (10.9%), Fiber: 2.68g (10.74%), Vitamin B3: 1.81mg (9.04%), Vitamin B12: 0.31µg (5.21%), Vitamin K: 3.69µg (3.52%), Vitamin D: 0.42µg (2.81%)