

APPLE PUMPKIN PIE

INGREDIENTS:

1 1/2 lbs cooking pumpkin
1 lb firm cooking apples
2 tbsp apple cider vinegar
3 tbsp flour
2 tbsp dark brown sugar*
1/2 tsp cinnamon
1/4 tsp nutmeg
1/4 tsp cloves
1 egg, lightly beaten
Double crust pie pastry

*can substitute with honey or maple syrup at half the amount



PREPARATION:

1. Preheat oven to 450°F. Roll out half of the pastry for a bottom crust and place in 9-inch pie pan. Cover and refrigerate.
2. Scoop out the seeds and cut pumpkin into 1-inch strips, cut away the peel, and slice strips in chunks (about 4 cups). Peel and quarter the apples.
3. In a large bowl, toss the pumpkin with apples, vinegar, flour, sugar, and spices. Arrange in the pastry-lined pie pan. Brush edges of the dough with the beaten egg. Roll out the remaining dough and place on top of the filling. Crimp edges and cut vent holes in the top of the crust. Brush with egg.
4. Set on bottom shelf of the oven and cook for 20 minutes. Lower temperature to 350°F and continue baking until golden brown, about 1 more hour. Cool for 2 hours and serve.



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Recipe source: Tomac Pumpkins

FOOD SAFETY TIPS

- When selecting a pumpkin for cooking, the best selection is a “pie pumpkin” or a “sweet sugar pumpkin” because they are smaller, sweeter, and less watery than jack-o-lantern pumpkins.
- Wash apples thoroughly under cool water before cutting. Do not use soap.

Food safety tips provided by Tomac Pumpkins and MSU Extension msue.anr.msu.edu/program/info/mi_fresh

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