

Spiced Pumpkin Dessert

Recipe By Chaya Malik



Cooking and Prep:  1
h 45 m

Serves:  14

Contains:    

Preference: Parve

Difficulty: Medium

Occasion: Sukkot

Diet: Vegetarian, Pescetarian

Source: Whisk by Ami

Magazine

Ingredients (23)

Main ingredients

- fresh pumpkin puree equal to 3 and 1/2 cups (see note)
- 3/4 cup dark brown sugar
- 1 tablespoon plus 1 and 1/2 teaspoons **Gefen Cornstarch**
- pinch of salt
- 2 cups **Gefen Soy Milk**

- 1 egg
- 2 tablespoons margarine
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 prepared gingerbread cake, crumbled (see recipe)
- Kineret Non-Dairy Whipped Topping Spray

Gingerbread Cake

- 1 cup sugar
 - 1/2 cup vegetable oil
 - 3 tablespoons molasses
 - 1/2 teaspoon salt
 - 1 egg
 - 2 cups flour
 - 1 teaspoon ground cinnamon
 - 3/4 teaspoon Haddar Baking Powder
 - 1/2 teaspoon baking soda
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon ground nutmeg
 - 1 cup Gefen Soy Milk
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Start Cooking

Prepare the Pumpkin Dessert

1. Prepare the pumpkin puree: Preheat oven to 425 degrees Fahrenheit. Cut pumpkins into quarters and scoop out seeds. Drizzle with oil and season with salt. Place pumpkins, cut side down, on sheet. Roast, turning pumpkins occasionally, about 45 minutes. Let cool. With the back of a spoon scrape out flesh. Use only the smooth part and leave behind the stringy parts

that may be found in center of some pumpkins (next to where the seeds were).

2. In a medium saucepan, combine sugar, cornstarch, salt, and soy milk. Cook over medium heat, stirring continuously, until mixture boils and thickens. Reduce heat and simmer, stirring continuously, for two minutes. Remove from heat.
3. Beat egg until foamy. To prevent the egg from cooking, gradually stir in about half cup of the hot milk mixture. Pour the egg mixture back into the remaining hot milk mixture. Cook over low heat, stirring continuously, for two more minutes.
4. Remove from the heat and stir in margarine. Stir in pumpkin puree, nutmeg, and cloves. The mixture will be a light brown color. Let cool and refrigerate.
5. Fill individual ramekins halfway with lightly packed crumbled gingerbread cake. Add a thin layer of pumpkin, and top with a layer of whipped cream.

Note:

A three pound pumpkin yields two cups of cooked puree

Prepare the Gingerbread Cake

1. Preheat oven to 350 degrees Fahrenheit. Line a baking sheet (with a rim) with Gefen Easy Baking Parchment Paper or greased aluminum foil.
2. In the bowl of an electric mixer, combine sugar, oil, molasses, and salt. Beat in egg. In a large bowl, combine flour, cinnamon, baking powder, baking soda, ginger, and nutmeg; add to the sugar mixture alternating with the soymilk.
3. Pour into prepared sheet. Bake for 15 minutes, or until a toothpick inserted comes out clean. (If you prefer to bake in a traditional cake pan, bake for 35-40 minutes.)