

Vegan Pumpkin Pie **(Vegan, Egg and Dairy Free Pumpkin Pie)**

This recipe is the result of studying many recipes on the internet to find one that had both the taste and the consistency of “real” pumpkin pie without using egg, dairy or tofu (Sorry to the tofu fans, but I can always tell when tofu is being used and I wanted the real thing. I know taste is acquired and one can become accustomed to the presence of tofu, but I wanted a pie that was right without any compromises). I finally selected two alternatives, making some adjustments—one using corn starch and one using simmered ground flax seed as thickeners—to prepare for Canadian Thanksgiving (“O Canada...!”)

Both recipes are provided below, but the corn starch was definitely preferred over the flax seed alternative. Its consistency was right and the flavor was also right. The flax seed version tasted right, but was a little runny and loose. Had either pie been served alone, either would have been more than acceptable, but in side by side testing the corn starch version definitely won out.

Vegan, Egg and Dairy Free Pumpkin Pie **(Corn Starch Alternative)**

1. Blend together:

¾ Cup sugar (more or less as personal taste dictates)

½ tsp salt

1 tsp ground cinnamon

½ tsp ground ginger

¼ tsp ground cloves

2. Blend together:

16 oz. solid pack pumpkin (in the US I always use Libbys)

12 oz. Silk soymilk (use your favorite plain variety; I use Silk)

3. Combine the two above.

4. Add

¼ Cup liquefied corn starch

(Liquefy by adding the ¼ C to a small amount of water and stir until it is completely liquid, otherwise it will turn into a hard lump)

Heat

Heat this mixture on the stove until it simmers a little and begins to thicken.

Bake

Bake at 425 for 15 minutes; reduce heat to 325 for another 40 to 50 minutes, or until your “poker” comes out clean. I find that sometimes I have to bake this for as much as 30 extra minutes to get the pie really done. Keep the temperature down as well since too high a

temperature seems to cause a skin to form on the top and turns it a dark color.

Preferred Flakey, Oil, Crust

This is the flakiest crust you can imagine. I'm not sure why so few people know about it, but it renders wonderful results. This is enough for two crusts.

Pour into bowl without any stirring

½ Cup plus 2 TB's of Canola Oil

¼ Cup Plain Silk soymilk (use your favorite)

2 Cups Unbleached or soft wheat flour (the latter is whole wheat pastry flour)

1 tsp Salt

Combine gently

These ingredients should be gently combined without overworking the mixture. Hard beating will ruin the results!!!! When it is somewhat combined, gently complete the process with your hands.

Divide the mass into two, roll out

Gently roll out each between two pieces of waxed paper.

(It may seem really wet and hard to manage, but it will be correct. This is the easiest crust to work with. Bake in 9 inch pan following directions above.

Vegan, Egg and Dairy Free Pumpkin Pie (Flax Seed Alternative)

Follow the above with less soymilk, and use ground/simmered flax seed in place of the corn starch thickener.

Blend together:

2 Cups Solid pack pumpkin (in the US I always use Libbys)

¼ Cup Plain Silk

¾ Cup Sugar (more or less as personal taste dictates)

½ tsp Salt

1 tsp ground cinnamon

½ tsp ground ginger

¼ tsp ground cloves

Combine/simmer, then add

3 TB's Flax seed, ground

8 TB's HTO

(Simmer the flax seed in boiling water for 3 minutes and set aside. It will become a thick slurry a little like Okra)

Bake

Bake at 425 for 25 minutes; reduce heat to 350 for another 35 to 45 minutes, or until your “poker” comes out clean.

(The 25 minutes is a little longer than one normally does with crusts, but with the better crust also listed on this site (and below) it had a nice flakey, but crunchy texture to it. However, you may want to cover the pie with aluminum foil to keep it from burning!)