Cooking Class November 16, 2013

Honey Pumpkin Pie
Ingredients:

3 eggs	¾ cup honey
1 can (15 oz.) canned pumpkin	1 cup cashew milk
2 Tablespoons flour	2 teaspoons pumpkin pie spice
½ teaspoon salt	

Directions:
Preheat oven to 425°F.

1. In a medium bowl, beat eggs. Brush one teaspoon beaten egg on inside of pie crust. Place crust on a cookie sheet and bake for 5 minutes.
2. Meanwhile, add the rest of the ingredients to remaining beaten eggs and whisk to combine.
3. Remove pie crust from oven and carefully pour honey pumpkin mixture into hot crust; bake 15 minutes more at 425°F. Reduce heat to 350°F, and bake 30 to 40 minutes more, until filling is set.

Easy pie crust
Ingredients:

1 1/4 cups all-purpose flour	1/2 teaspoon salt
1/2 cup butter, chilled and diced	1/4 cup ice water (ice used to make it really cold)

Directions
Put dry ingredients in food processor and pulse. Add butter and pulse off and on until cornmeal consistency. Add ice water and mix until it holds together. If rolling out refrigerate for at least 1/2 an hour otherwise just pat it out in pie pan.

Emalie's Vanilla Ice cream
Ingredients:

2 cups half-and-half	1 cup whipping cream
1 cup minus 2 tablespoons sugar	1 vanilla bean, split and scraped

Directions:
Freeze mixture in ice cream freezer according to unit's instructions. The mixture will not freeze hard in the machine. Once the volume has increased by 1/2 to 3/4 times, and reached a soft serve consistency, spoon the mixture into a lidded container and harden in the freezer at least 1 hour before serving.

Creamy cauliflower

1 large head cauliflower, core removed and cut into evenly sized florets	2-3 tablespoons Butter
1 teaspoon kosher salt	freshly ground black pepper to taste
2-3 tablespoons heavy cream	

Directions
Remove cauliflower florets from core, cut into evenly sized pieces

Place a couple of inches of water and a nice size pinch of kosher salt in a large pot. Fit with a steamer insert. Once water is boiling, place cauliflower florets into pot and cover. Cook for 12 to 15 minutes until florets are very tender and almost falling apart. Strain and put in food processor with chopping blade and other ingredients. Blend until smooth and creamy.

Honey Whipped Cream
Makes 2 cups

1 cup whipping cream	3 Tablespoons honey
1 teaspoon vanilla	

Beat whipping cream until mixture thickens; gradually add honey and beat until soft peaks form. Fold in vanilla.

Notes:_____

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