



# TRADITIONAL PUMPKIN PIE

Recipe courtesy Amelia Simmons' American Cookery cookbook, published in 1796, and owned by First Lady Martha Washington.

## INGREDIENTS

475g pumpkin  
945ml milk  
4 eggs well beaten  
½ cup molasses  
1 teaspoon ginger  
1 teaspoon allspice  
2 pie crusts

## METHOD:

1. Cut pumpkin in half, gut and bake upside down at 175c for an hour
2. Peel and mash the pumpkin
3. Add milk and mix
4. Add the eggs and molasses
5. Mix in the ginger and allspice
6. Pour into a crust
7. Bake in the oven at 165c for 75 minutes



## HISTORICAL ROOTS

This pumpkin pie recipe has a great historical twist connected to the early U.S. with a fun anecdote courtesy of George Washington's Mount Vernon. Mount Vernon is located just outside Alexandria, Virginia and was George and Martha's home state. Visitors can tour the property and home (including the kitchen) as well as dine at the Mount Vernon Inn on property. There is also a virtual tour available.

This pumpkin pie recipe comes from Amelia Simmons' American Cookery cookbook, published in 1796 and the first known cookbook written by an American. It was a revolutionary publication, as it used terms known to Americans and ingredients readily available to American cooks – and was the first cookbook to include what is now called pumpkin pie. Before American Cookery, Hannah Glasse's book The Art of Cookery Made Plain and Easy (published in 1747) would have been the gold standard – though this was a London cookbook. Martha Washington, America's first First Lady, owned Hannah Glasse's cookbook; in fact, it would have been her second cookbook purchase.