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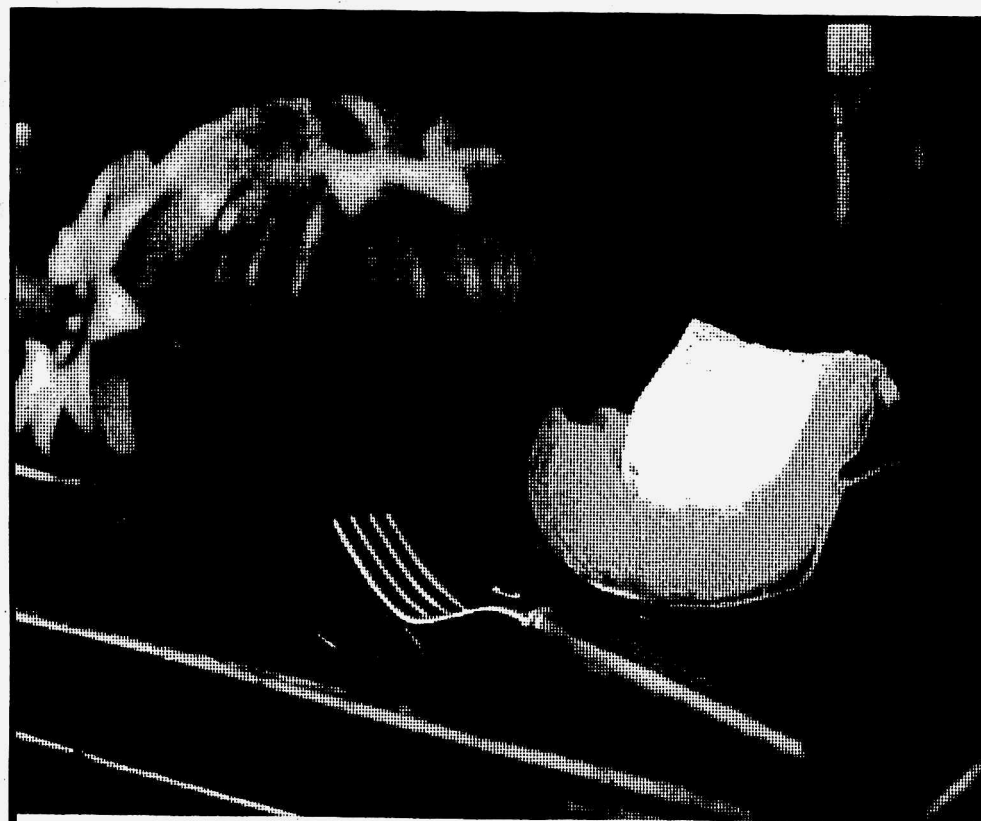
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Thai Custard Steamed in a Pumpkin

Silky smooth coconut custard is cooked inside small pie pumpkins with star-shaped openings cut around their stems. Serve chilled and cut into wedges with a generous splash of Ontario Maple Syrup for a Canadian twist.

Preparation Time: 35 minutes

Baking Time: 55 minutes

Cooking Time: 3 hours

Serves 8 to 10

- 2 small Ontario Pie Pumpkins, about 2-1/2 lb (1 kg) each
- 2 cups (500 mL) unsweetened desiccated coconut
- 2 cups (500 mL) 2% milk
- 1 can (385 mL) 2% unsweetened evaporated milk
- 1/2 cup (125 mL) tightly packed light brown sugar
- 1/2 cup (125 mL) cream cheese, at room temperature
- 1 large egg
- 3 large egg yolks
- 1/2 tsp (2 mL) grated lime zest
- Ontario Maple Syrup

With sharp pointed knife, cut out star shape closely around stem area of each pumpkin. Reserve each lid; scrape out and discard seeds and fibre from pumpkin.

In small heavy-bottomed saucepan, bring coconut, milk, evaporated milk and brown sugar to gentle boil over medium-high heat; reduce heat and simmer for 10 minutes. Meanwhile, in medium bowl fitted with fine-mesh strainer, combine cream cheese, egg, egg yolks and lime zest.

Strain in the coconut mixture, pressing out all remaining milk; discard coconut. Whisk briskly to evenly combine.

Place pumpkins on rack in covered roasting pan or baking dish; fill evenly with custard. Replace pumpkin lids. Fill pan with boiling water to almost touch bottoms of pumpkins; cover pan with lid or well-sealed foil. Place carefully in centre of 375°F (190°C) oven; bake for 40 minutes. Very carefully uncover and remove and reserve pumpkin lids. Recover and cook for about 15 minutes longer or until custard is set.

Let cool slightly; refrigerate with lids in place for at least 3 hours. (Can be made up to one day ahead.)

Cut into wedges; serve with maple syrup to taste.

Nutritional Information:

1 Serving (when recipe serves 10):

Protein: 9 grams

Fat: 3 grams

Carbohydrates: 53 grams

Calories: 340

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