

Pies

Pumpkin Chiffon Pie



Pictured are grandsons, and Son Larry Rebo's three sons, Dan - 22, Bradley - 13 and Little Larry - 21 years old, taken at Christmastime in 1978.

1 Envelope Unflavored Gelatin
3/4 Cup Light Brown Sugar
1/2 Teaspoon Salt
1/2 Teaspoon Nutmeg
1/2 Teaspoon Ginger
1 1/2 Teaspoons Cinnamon
3/4 Cup Canned Milk
2 Eggs, Separated
1 1/4 Cups Canned Pumpkin
9 Inch Pie Shell, Baked

Mix together gelatin, 1/2 cup brown sugar, salt and spices in a medium saucepan. Stir in milk and egg yolks, blending well. Place over low heat and cook, stirring constantly, until gelatin dissolves and mixture thickens slightly. Remove from heat and stir in pumpkin.

Chill, stirring occasionally until mixture mounds when dropped from a spoon. Add remaining brown sugar to beaten egg whites. Fold into egg mixture. Pour into prepared pie shell. Chill two hours more.

The raw egg dilemma. We've all seen the warning countless times, "Consuming raw eggs may increase your risk of foodborne illness" or variations of that warning. The risk is no longer so much from contaminated shells, but rather from contaminated contents within the shell, according the CDC, who says Salmonella "can silently infect the ovaries of healthy appearing hens and contaminate the inside of eggs before the shells are formed...An estimated one in 20,000 eggs is internally contaminated." Why take the risk, which is elevated for women who are pregnant, the elderly and those with compromised immune systems...when there is a solution? The CDC says "if you wish to consume raw eggs, purchase pasteurized eggs". About 30% of US egg production is pasteurized, so they are available. It may, however, be a bit of a treasure hunt to find them. Or, try pasteurizing them yourself. A quick Internet search engine enquiry will return a multitude of options for how-to instructions.