

PUMPKIN PASTIT

(pus-tit)

“You can use pumpkin, apple or papaya as a filling for this pastit. This is the best recipe I have come across, developed by yours truly. Make some space in the freezer to lay a cookie sheet in such that you can freeze pastit prior to storing.”

INGREDIENTS / DIRECTIONS

FILLING

Set 1

- 3 – 15 oz. cans pureed pumpkin
- 1 ½ c. dark brown sugar
- ¼ c. white sugar
- 1 t. cinnamon
- ¼ t. pumpkin spice
- ¼ t. vanilla

Tools: colander, medium bowl, large pot

1. Fresh pureed pumpkin is best, if none is available canned is ok. Place pumpkin in colander, set into a bowl, and let drain overnight in the fridge.
2. Place pumpkin in large pot, over medium heat. Add sugars and spices. Adjust brown sugar and seasonings to taste. Stir, heating only to melt sugar. Cool completely!

BAKED PASTRY

Set 1

- 5 c. flour
- ½ c. sugar

Set 2

- 1 c. white shortening

Set 3

- 2-3 c. ice water

Tools: large bowl, rolling pin, 4-5 inch pot cover, non-stick cookie sheets, wax paper

1. Combine flour and sugar. Cut the shortening in and incorporate till mixture resembles coarse crumbs.
2. Slowly add ice water along the edge of the bowl while gently folding the crumbs over itself. Fold the dough till it becomes a non-sticky mass. **DO NOT KNEAD THE DOUGH!!!!** ^A
3. Divide dough. Roll out onto lightly floured surface, 1/8 inch thick.
4. Cut with pot cover, about 5 in. diameter, no larger. Fill with 3-4 T. of filling on one half of pastry. Fold the other half of dough over filling, seal the edges with a fork. ^B
5. Puncture top of pastry with tines of fork, three times, evenly spaced (this allows steam to escape while pastit is baking.)
6. Lay pastit in a single layer on a dry cookie sheet, let harden in the freezer. To store pastit, layer in a covered container, separated by wax paper.
7. When ready to bake, **preheat oven to 350 degrees**, brush frozen pastit with egg wash (**DO NOT THAW**), and bake till nicely browned, approx. 45 minutes. The steam holes may need to be pierced again after 20 minutes of baking.
8. Cool on a wire rack and enjoy!!

EGG WASH

Set 1

2 egg yolks

½ t. sugar

2 T. whole milk

Tools: small bowl, pastry brush

1. Combine all of the above till sugar is dissolved. Brush over frozen pastit, ensuring there is no excess egg wash sitting on edges of pastry.

HELPFUL HINTS

- A. Pour the ice water along the edge of the bowl while fingers incorporate the water into the dry mix. Handle the dough to combine the mixture without kneading. This will result in a tender pastry!!
- B. Experiment with the first pastit to put as much filling onto the dough, leaving enough room to close the pastry over the filling and seal with a fork.

Please be generous with the filling and keep the dough to no more than an 1/8 inch thick. On my last trip to Guam in Feb 2006, I was very disappointed to bite into an apple pastit and a buchi-buchi.....a mouthful of dough and very little of the delicious fillings!

Recipe from A TASTE OF GUAM by Paula Quinene of PaulaQ.com.