

# Pumpkin Pot de Crème with Maple Whipped Cream, and Candied Pepitas

By Kevin Simley



Hands-On Time: 30 minutes



Total Time: 4 Hours 30 Minutes



Serving: 4 People

## Ingredients

- 3 cups heavy whipping cream
- ½ cup packed brown sugar
- 1 cup canned pumpkin puree
- 6 large egg yolks
- 1 tsp. Ground cinnamon
- 1/8 tsp. ground clove
- 1/8 tsp. ground nutmeg
- Kosher salt
- 4 Tbsp. maple syrup
- ½ cup raw pumpkin seeds
- 1 Tbsp white sugar
- 4 8 oz mason jars or oven safe ramekins

## Cooking Method

### Do ahead of time:

1. Begin by preheating the oven to 300°F.
2. In a medium saucepan combine 2 cups of cream, ¼ cup of the brown sugar, and pumpkin puree and bring to a simmer over low heat.
3. In a medium bowl mix together the egg yolks, remaining ¼ cup of brown sugar, cinnamon, clove, and nutmeg. Temper\* the egg yolk mixture by slowly pouring in the warm cream mixture being sure to whisk constantly.
4. Divide the mixture between 4 8 oz mason jars or ramekins aiming for 6 oz of mixture per jar. Place the mason jars or ramekins in a deep roasting pan or pot and fill with water\*\* to reach halfway up the jars. Cover the pan with plastic wrap and aluminum foil.
5. Bake the pot de cremes for roughly one hour or until the middle of the custard begins to thicken. If after one hour the pot de crème hasn't thickened, continue to bake the pot de cremes checking every 15 minutes until the custard has thickened. Remove the jars from the water and allow to cool in the refrigerator for at least 3 hours. The pot de cremes can be cooked and cooled the day before making sure to cover each jar with plastic wrap.
6. For the candied pepitas combine the raw pumpkin seeds, 1 Tbsp. maple syrup and 1 Tbsp. of white sugar and toss until pepitas are well coated. Place on a silpat or parchment lined baking sheet and bake in a 325°F oven for 15-20 minutes or until the sugar begins to bubble and caramelize being careful not to burn the sugar. Allow to cool at room temperature. This step can be done the day before being sure to store in an airtight container after the

pepitas have completely cooled.

Evening of the event:

7. In the bowl of a stand mixer combine remaining 1 cup of cream and 3 Tbsp. of maple syrup. Whisk on medium until soft peaks form. This can be done up to an hour before serving.
8. To plate the dessert, place the pot de crème on a napkin lined saucer and top the pot de crème with a large dollop of whipped cream and a sprinkle of the candied pepitas.

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## Notes

\*Tempering is the process of slowly heating the egg yolks to prevent them from overcooking and turning into scrambled eggs.

\*\*Be careful not to let any water get into the jars or ramekins as this will result in a runny pot de crème.

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