



*Carrboro*  
**FARMERS' MARKET**  
locally grown • nationally known

**Recipe of the Week**

**October 7, 2006**

**Flamusse: a Burgundian Pumpkin Flan**  
*from Dorette Snover of C'est Si Bon Cooking School*

A taste of fall from C'est Si Bon! It might seem extravagant to spend this much effort on a pumpkin tart but my, oh my... watch the leaves fall as you make it and enjoy the day.

**Ingredients**

1 1/4 cups sugar  
1/4 cup cool water  
1 1/2 cup cooked pumpkin or other hard squash  
1 1/2 inch knob of ginger, peeled and grated  
1/2 nutmeg, grated  
3/4 teaspoon cinnamon  
5 large eggs  
2 large eggs  
2 teaspoon vanilla extract  
2 1/4 cup milk, scalded

**Procedure**

Set a large pan of cold water with ice near the stove. Combine 1/2 cup of the sugar and 1/4 cup water in a small, heavy saucepan over low heat. Cook, stirring occasionally until sugar is dissolved.

Cover pan and bring to a boil. Boil about 3-5 minutes. Uncover pan, turn heat to medium high and boil (do not stir) until syrup turns a deep amber color. Remove from heat and plunge bottom pan into cold water. Pour caramel immediately into a 9" round glass pie pan and swirl until the bottom is coated all to cool. Heat oven to 325 degrees. In a large bowl, combine pumpkin, 3/4 cup sugar, spices, salt, eggs, and egg yolks. Mix in vanilla and scalded milk. Push mixture thru fine sieve. Pour into caramel - lined pie pan. Set into a roasting pan. Fill pan with very hot water to halfway up the sides of the dish. Cover roasting pan loosely with foil and bake for 60-70 minutes (a thin bladed knife should come out clean.) Let cool to room temperature in the water bath. Remove and chill over night.

Un-mold flan onto serving dish. (To un-mold, run a sharp knife around flan, put dish on top and quickly flip over.)

\*available at Market

continued on back

# Market Updates

The **Wednesday Market** is open 3:30-6:30 PM  
through **October 18**

**Cooking Demo** October 11, 4 – 5:30 with Dorette Snover

The **Saturday Market** is open 7-Noon  
through **December 23**

Our **Southern Village Market** is closed for the season. It  
will re-open May 2007

## **Annual Thanksgiving Market** Tuesday, November 21, 2006 3-6 PM at the Town Commons

Here's a taste of what you can expect at this Market: arugula, beets, broccoli, Brussels sprouts, carrots, celery, collards, celeriac, eggs, fresh herbs, kale, leeks, mustard greens, salad greens, spinach, turnips and turnip greens, sweet potatoes, winter squashes, pecans, locally-raised meats, goat and cow's milk cheeses, breads, bread crumbs, pies, cakes, jams, fruit butters, and relishes.