



# Chefs Pumpkin Soup



## INGREDIENTS:

- 1KG PUMPKIN (BUTTERNUT PREFERRED)
- 1 LARGE POTATO PEELED & DICED
- 1 ONION SLICED
- 2 CLOVES GARLIC CRUSHED
- 3 CUPS (750ML) VEGETABLE OR CHICKEN STOCK
- 1 CUP WATER
- 1/2 CUP (125ML) CREAM
- SALT AND PEPPER

## INSTRUCTIONS

- PEEL DESEED & DICE PUMPKIN INTO 4CM CHUNKS
- HEAT OIL IN A LARGE SAUCEPAN OVER LOW HEAT
- ADD ONION AND COOK FOR 2-3 MINUTES UNTIL SOFT BUT NOT COLOURED
- ADD GARLIC & COOK, STIRRING FOR 45 SECONDS
- ADD PUMPKIN, POTATO & STOCK. BRING TO BOIL
- TURN HEAT TO LOW, COVER & SIMMER FOR 30 MINUTES
- ALLOW TO COOL SLIGHTLY & BLEND INTO BATCHES
- RETURN BLENDED SOUP TO PAN, STIR THROUGH CREAM & REHEAT GENTLY
- ADD SALT & PEPPER TO TASTE

### CHEF CHRIS'S TIPS

PUMPKIN SOUP WILL KEEP IN THE FRIDGE FOR 4-5 DAYS OR CAN BE FROZEN FOR 3 MONTHS, JUST THAW THEN REHEAT USING YOUR PREFERRED METHOD  
IF YOUR SOUP IS TOO THICK, ADD A TOUCH OF WATER TO WHEN REHEATING

IF YOUR SOUP IS TOO THIN (UNLIKELY BUT POSSIBLE) JUST SIMMER ON THE STOVE FOR A WHILE LONGER TO ALLOW IT TO REDUCE  
PUREEING- YOU CAN USE A BLENDER BUT MAKE SURE THAT THE SOUP IS COOLED OTHERWISE YOU WILL FIND OUT THE HARD WAY THAT  
HOT SOUP + A BLENDER = SOUP EXPLOSION

### VARIATION SUGGESTIONS

- I LIKE TO SOMETIMES ROAST THE PUMPKINS FIRST TO MAXIMISE THE FLAVOUR (TOSS PUMPKIN IN OLIVE OIL SEASON WITH SALT AND PEPPER & ROAST UNTIL SOFT & LIGHTLY CARAMELISED)
- YOU COULD TRY ADDING SOME FRESHLY GRATED NUTMEG (1/2 TSP)
- CURRIED PUMPKIN SOUP- STIR IN A TOUCH OF CURRY POWDER WHEN YOU BLITZ IT (ADD LITTLE BY LITTLE)
- THAI RED CURRY PUMPKIN SOUP- START BY SAUTEING 2 TBSP RED CURRY PASTE IN 1/2 TBSP OIL OVER MEDIUM HEAT. COOK FOR 2 MINUTES UNTIL FRAGRANT, THEN PROCEED WITH RECIPE. INSTEAD OF USING CREAM USE COCONUT CREAM. GARNISH WITH CORIANDER
- APPLE & GINGER PUMPKIN SOUP- SAUTE 1 TBSP FINELY CHOPPED GINGER WITH THE ONION & GARLIC, THEN SUBSTITUTE THE STOCK WITH APPLE JUICE

