

Traditional Pumpkin Soup

Ingredients

15g butter
2 Tbsp chopped onion
500g pumpkin, cubed
2 ½ cups chicken stock (if making from stock cubes use the correct water/cube ratio or it can be too salty)
¼ tsp ground cloves
½ tsp sugar
1 tsp salt
2-3 drops Tabasco sauce
2½ cups milk
1 tsp lemon juice
4 Tbsp cream
croutons (optional)

Method

1. Melt butter and fry onion for 2-3 minutes.
2. Add pumpkin, stock, cloves, sugar, salt and Tabasco sauce. Cook until pumpkin is quite soft, adding milk as liquid evaporates.
3. Puree in blender or push through a sieve.
4. Add lemon juice and reheat. Stir in cream and serve with croutons if desired.

Name

Lynette Meddings

Roasted Pumpkin Soup

Ingredients

1 whole pumpkin (cut in quarters)
1 chopped onion
bulb of garlic
olive oil or cooking spray
1 cup chicken stock (if making from stock cubes use correct water/cube ratio or can be too salty)
salt and pepper
milk
cream
croutons (optional)

Method

1. Take 1 whole pumpkin, cut into quarters, clean out the seeds, and cut in half again (leave skin on).
2. Place on baking tray. Peel and roughly chop an onion and place on tray.
3. Top and tail a bulb (not a clove) of garlic and place on tray. Spray with cooking spray or lightly drizzle with olive oil. Bake in a preheated oven at 180°C for 1 hour. Allow to cool.
4. Peel pumpkin and garlic and add together with onion in a blender. Add approximately 1 cup of stock and puree well, adding more stock if necessary (this process can be done in two batches if blender is too small or if making a large pot of soup).
5. Drizzle olive oil in large soup pot.
6. Add contents of the blender to the pot and heat gently. At this point keep it relatively thick because adding milk or cream just before serving will dilute slightly.
7. Add salt and pepper to taste.
8. Can add more chicken stock or water if too thick. Heat well then add milk or cream just before serving (do not boil).

Serving suggestions, tips or variations

Always nicer the next day.

Name

Lynette Meddings

