

30th October 2020



## Pumpkin Soup

### PREPARATION TIME:

Less than 30 mins

### COOKING TIME:

30 Mins to 1 Hour

### SERVES:

6-8

You need to have this delightfully warming pumpkin soup in your little black book of dinners. Serve with a swirl of cream.

### METHOD

Put the onion, carrots, garlic bay leaf, butter and half the olive oil into a large pan. Cook over a low-medium heat for about 10 minutes until the vegetables are tender but not coloured.

Add the squash and potato, mix to combine and cook for a further 2-3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.

Pick out the bay leaf and blend the soup until smooth using a stick blender.

Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.

Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.

Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.

### RECIPE TIPS

Pumpkins vary considerably in their flavour and sweetness. A large pumpkin will almost always have more water and less flavour than a small pumpkin. You can make this soup with leftover roast butternut squash or pumpkin, reducing the simmering time to 15 minutes, just so the potato is cooked through.

### INGREDIENTS

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25g/1oz unsalted butter
- 2 tbsp olive oil
- 1 medium pumpkin (prepared weight about 850g/1lb 14oz) deseeded and roughly chopped
- 1 medium-sized floury potato, such as Maris Piper, roughly chopped
- 1 litre/1¾ pint vegetable or chicken stock, a little extra may be needed
- 100ml/3½ fl oz double cream
- 3 tbsp pumpkin seeds
- salt and freshly ground black pepper