

Recipe of the Month

Pumpkin Soup



Preparation time: 20 mins

Cook time: 25 min

Serves: 6

Ingredients

- 1 kg pumpkin – cut into even sized chunks
- 2 onions – finely chopped
- 2 tbsps vegetable oil
- 700 ml vegetable stock
- 150 ml double cream

Method

1. Heat the vegetable oil in a large saucepan, add the finely chopped onions and gently cook until softened (do not colour them).
2. Once the onions have softened, add the pumpkin. Cook for 8-10 minutes, stirring occasionally until the pumpkin starts to soften and turn golden.
3. Once the pumpkin has turned golden, pour in the vegetable stock and season with salt and pepper. Bring to the boil, then simmer for 10-15 minutes until the pumpkin is very soft.
4. Pour in the double cream and bring back to the boil.
5. Puree with a blender.
6. Serve with croutons and a handful of pumpkin seeds or fresh bread.

OPTIONAL

- Chicken stock can be used.
- Season with chilli for that extra kick.
- Add some bacon whilst softening the onions.