

Pumpkin Soup

Fresh from the garden: a

Equipment:

- ☐ metric measuring spoons
- ☐ measuring scale
- ☐ clean tea towel
- ☐ chopping board
- ☐ cook's knife
- ☐ vegetable peeler
- ☐ heavy-based saucepan
- ☐ wooden spoon
- ☐ stick blender
- ☐ serving bowls

Ingredients:

- ☐ 2 large onions, chopped
- ☐ 3 cloves garlic, crushed
- ☐ 100g butter
- ☐ 1kg pumpkin, diced in small cubes
- ☐ 1200ml stock
- ☐ Salt and pepper
- ☐ 1 teaspoon cummin
- ☐
- ☐ Cream
- ☐ Pumpkin seeds

Method (What to do):

1. Melt butter in a large saucepan and add garlic, onion and cummin.
2. Stir for a few minutes until softened.
3. Add pumpkin, then stock to the sauce pan.
4. Bring to the boil and simmer until pumpkin is soft.
5. Use stick blender to blend soup until smooth.
6. Serve with a dash of cream, black pepper and a sprinkle of pumpkin seeds.