

Spicy Pumpkin Soup

Season: Autumn

Serves: 30 tastes in the classroom or 6 at home

Fresh from the garden: chillies, chives, garlic, onions, potatoes, pumpkin

Everyone should know how to make pumpkin soup, and of course the best soup is made with pumpkin picked straight off the vine from your garden. Think about what other flavours you'd like to add to this as you make it – everyone develops their own version.

Equipment:

metric measuring scales, jugs,
cups and spoons
clean tea towel
chopping board
cook's knife
large pot with lid
mixing spoon
ladle
stick blender
bowls for serving
kitchen scissors

Ingredients:

1 tbsp olive oil
2 onions, peeled and roughly chopped
4 garlic cloves, peeled and finely chopped
2 kg butternut pumpkin, peeled and roughly
chopped
4 potatoes, peeled and roughly chopped
2 long red chillies, de-seeded and finely
chopped
2 tsp ground coriander
2 L chicken or vegetable stock
½ cup reduced-fat cream
freshly ground black pepper
1 handful of chives, to serve



What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Heat the oil in the pot over a medium–high heat.
3. Add the onion and garlic. Cook, stirring, for 3 minutes or until onion has softened.
4. Add the pumpkin and potato. Cook, stirring occasionally, for 5 minutes or until potato starts to brown.
5. Add the chilli and coriander. Cook for 1 minute or until fragrant.
6. Add the stock, cover and bring to the boil. Reduce heat to medium low.
7. Simmer for 10 to 12 minutes or until potato and pumpkin are tender. Set aside for 2 minutes to cool slightly.
8. Ladle out 2 cups of liquid and set aside.
9. Blend the soup with a stick blender.
10. Stir in the cream. Cook for 1 minute or until it is heated through, then season with pepper.
11. Divide between bowls and top with snipped chives.

