

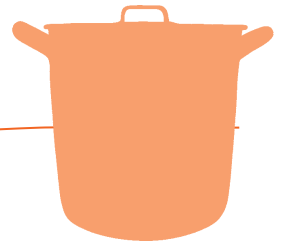


Pumpkin Soup

Season: Winter

Serves: 30 tastes in the classroom
or 6 at home

Lovely fresh pumpkins are always perfect cooked into a warming winter soup



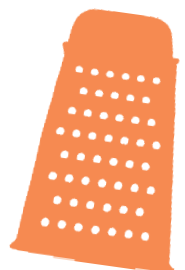
Equipment:

metric measuring jug and spoons
clean tea towel
chopping board
cook's knife
grater
large baking tray
large bowl
plastic wrap
large stockpot
wooden spoon
stick blender
ladle
bowls for serving



Ingredients:

1/2 a large pumpkin, peeled and de-seeded
2 garlic cloves, peeled
2 stalks celery, diced
3 large carrots diced
2 tbsp olive oil
salt, to taste
pepper, to taste
1 onion, peeled and sliced
1/2-1 teaspoon salt
1/4 teaspoon pepper
1 teaspoon sweet paprika powder
4 cups/ 1 litre vegetable stock
Coconut cream, parsley to serve
(optional)



What to do:

1. Chop the pumpkin into cubes about 5 cm thick.
2. Roughly dice the carrots, celery and onions.
3. Mince the garlic or grate on a fine microplane.
4. Heat olive oil in a large pot over medium-high. Add onion, celery and garlic. Sauté for 3-4 minutes, until slightly caramelised.
5. Add the pumpkin, carrots, paprika, salt, pepper and vegetable stock and stir to combine. Reduce heat to low, cover, and simmer for 25 minutes.
6. Remove the soup from heat. Using an immersion blender or high speed blender, blend until smooth.
7. Serve in bowls with a drizzle of cream and plenty of chopped parsley. Enjoy!



Pumpkin Soup continued