Australian Pumpkin Soup

Source Modified from Matt Preston recipe, taste.com.au

From the garden   *Red Kauri pumpkin garlic apples tomatoes onions or spring onions*

Equipment	Ingredients
2 large bowls	• 5 garlic cloves in their skin
2 small bowls	• 2kg pumpkin, cut into wedges and deseeded. Skinned and cut into smaller pieces
2 large plates	• 2 brown onions, peeled and chopped into 12 wedges
Large trays lined with baking paper	• 3 granny smith apples, peeled, cored and roughly chopped
chopping boards	• 100ml extra virgin olive oil (optional)
knives – 1 small, 2 large and scissors	• 1 tsp cinnamon powder
tablespoon, teaspoons and measuring cups	• Salt flakes and freshly ground black pepper
tongs, slotted lifter	• 1/2 tsp nutmeg
Large stirring spoons	• 2 litres chicken style stock made from 4 tsp of stock powder
Large stock pot	• 3/4 tsp salt
Stick blender	• 1/4 tsp black pepper
Soup ladle	Version 2 - 400g Tomato Passata or fresh tomatoes (instead of apples for version 2 of soup)

What to do

- Preheat the oven to 180C.
- Cut into pumpkin into wedges.   Deseed and peel.
- Peel onions, and chop into small wedges,
- Cut, Peel and core apples and chop into small pieces.
- Add pumpkin, onions, apples and **garlic cloves in their skin** to a large baking tray.
- Toss the vegetables in the 100ml extra virgin olive oil. (if using, this is optional)
- Sprinkle over the 1 tsp cinnamon powder
- Add Salt flakes and freshly ground black pepper
- Grate over 1/2 tsp nutmeg.
- Toss all ingredients again.
- Bake the vegetables in the oven for 30-40 minutes until cooked and softened.
- Remove the baking tray from the oven and add the vegetables to a large stock pot.
- Make 2 litres of chicken stock, add to pot and bring to the boil.
- Reduce heat to a simmer and cook for a further 15 minutes.
- Remove from heat and blend until smooth. Season to taste.
- Serve and ENJOY!