UNIT 6 / PRACTISE 2

Creamy Pumpkin Soup

Ingredients

- 0,100 kg onions
- 0,500 kg Hokkaido pumpkin, or other edible pumpkin
- 0,010 kg curry
- 1 lt. vegetable or meat broth
- 0,050 lt. oil (e.g. sunflower / rape)
- 0,030 kg pumpkin seeds
- 0,010 kg ginger, fresh
- salt / pepper
- 0,010 kg turmeric, ground
- 0,020 l pumpkin seed oil
- 0,200 I coconut milk if desired
- Some cream

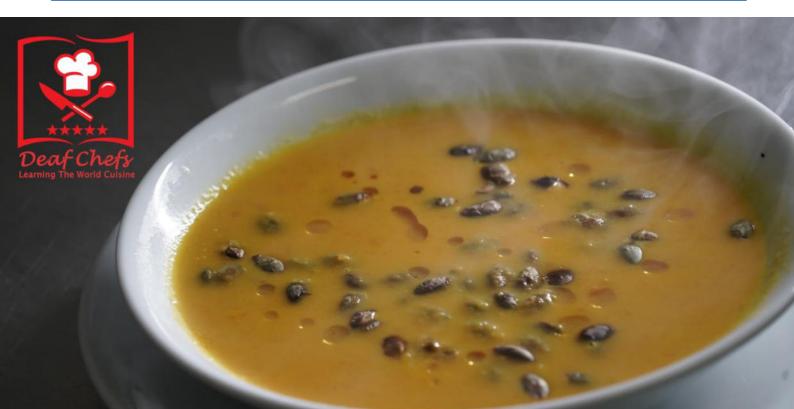
Directions

- Finely dice the onions. Pumpkin free from the seeds and cut into 2-3 cm cubes. With Hokkaido pumpkin, the pumpkin can be processed with the skin. For other types of pumpkin, the peel must be removed.
- 2. onions in oil without color sauté. Add pumpkin and sauté as well.
- 3. ginger finely chopped and add the spices, then the vegetable or meat broth.
- 4. simmer everything together for about 15 20 minutes. Add coconut milk (if desired).
- 5. Puree with a blender and season to taste.
- 6. add some cream, the roasted pumpkin seeds and the pumpkin seed oil on top.

Notes

- If I want a stronger color of the soup, I add carrots to cook.
- If I want to get a little more binding, I add 1-2 potatoes to the boil.
- Adding orange juice gives the soup a fruity note.
- By adding some cream or créme frâiche, the soup becomes more creamy.
- Add pumpkin seed oil on top at the end increases the taste.

Garnish: For garnish, I roast pumpkin seeds without fat in a pan.





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