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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 l coconut milk - if desired
- Some cream

Directions

1. 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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