

PUMPKIN SOUP



Pumpkin Soup

Ingredients

4 tbsp olive oil
2 onions , finely chopped
1kg pumpkins or squash (try kabocha), peeled, deseeded and chopped into chunks
700ml vegetable stock or chicken stock
142ml pot double cream
4 slices wholemeal seeded bread
handful pumpkin seed from a packet

Method

Heat half the olive oil in a large saucepan, then gently cook the onions for 5 mins, until soft but not coloured. Add the pumpkin or squash to the pan, and carry on cooking for 8-10 minutes, stirring occasionally until it starts to soften and turn golden.

Pour the stock into the pan, then season with salt and pepper. Bring to the boil, and simmer for 10 minutes until the squash is very soft. Pour the cream into the saucepan; bring back to the boil, then purée with a hand blender. For an extra-velvety consistency you can now push the soup through a fine sieve into another pan. The soup can now be frozen for up to 2 months.

While the soup is cooking, slice the crusts from the bread, then cut the bread into small croutons. Heat the remaining olive oil in a frying pan, and fry the bread until it starts to become crisp. Add the seeds to the pan, and cook for a few minutes more until they are toasted. These can be made a day ahead and stored in an airtight container. Reheat the soup if needed, taste for seasoning, then serve scattered with croutons and seeds and drizzled with more olive oil, if you want.

