

ROASTED PUMPKIN SOUP

Serving Size: 6

INGREDIENTS FOR PURÉE

- 1 large pumpkin such as kabocha or red kuri, or 2 small pie pumpkins, or 1 large butternut squash, or two acorn squash.
- 2 tablespoons extra virgin olive oil
- ½ cup water
- Salt and pepper to taste



INGREDIENTS FOR SOUP

- 3 tablespoons extra virgin olive oil
- 1 medium onion, peeled and chopped
- 2 inch piece fresh ginger, peeled and chopped
- 1 teaspoon chopped fresh rosemary
- 2 teaspoons pumpkin pie spice or a mix of sweet baking spices like cinnamon, nutmeg and allspice
- ½ cup apple cider
- 2 cups pumpkin or squash purée or 1 can pumpkin
- 2 cups chicken or vegetable stock
- 3 tablespoons maple syrup
- ½ cup heavy cream
- 2 tablespoons butter
- 2 teaspoons apple cider vinegar or the juice of half a lemon
- Toasted pumpkin seeds or pepitas for garnish
- Salt and pepper to taste



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METHOD FOR PURÉE

1. Preheat an oven to 350 degrees.
2. Cut the pumpkin or squash in half and remove the seeds.
3. Sprinkle it with olive oil, salt and pepper. Place cut side down on a sheet pan and add the water to the pan.
4. Place it over for 30 minutes to an hour depending on size and cook until the pumpkin or squash looks wrinkled and is easily pierced with a knife.
5. Turn the oven off and leave the pan in for a further half hour.
6. Reduce the squash and scoop the pulp from the skin using a spoon.
7. Coarsely mash the squash with a potato masher or stout spoon.

METHOD FOR SOUP

1. Heat a large heavy bottom pot over medium heat. Add the oil.
2. When the oil is hot, add the onion and ginger. Cook for 5 minutes, stirring often, until soft and just browning.
3. Add the rosemary, spice mix and cider. Cook for 3 minutes.
4. Add the pumpkin purée stock or broth and maple syrup. Bring to a boil, reduce the heat to low and simmer, stirring often for 20-30 minutes.
5. Return the heat to medium, add the cream and bring to a boil. Cook, stirring often, for 3 minutes.
6. Add to a blender and carefully blend until smooth. Keep the blender vent open and cover carefully with a towel while blending. Steam will build up and create a mess if the lid is left closed.
7. Return to the pot, stir in the butter and cider vinegar.
8. Season to taste with salt and pepper.
9. Spoon into bowls and top with pumpkin seeds.

