



Pumpkin Soup

At a glance

Perfect for beginners

Preparation time 5 minutes

Cooking time 40 minutes

Serves 6-8

You'll need

A large heavy based cooking pot

Ingredients

2 tbsp Olive Oil

1oz Butter

1 Large Onion, roughly chopped

2 Large Cloves of Garlic peeled and roughly chopped

2 Carrots peeled & roughly chopped

2 Sticks of Celery roughly chopped

1 rounded teaspoon of each of the dried spices
smoked paprika, cumin & coriander

2 Bay Leaves

1 Large Pumpkin peeled and roughly chopped
(prepared weight approx 1kg)

1 Litre of vegetable or chicken stock, a little extra
may be needed

100ml Double Cream

Salt and Freshly ground Black Pepper

TO FINISH:

6-8oz Mature Lancashire cheese Grated

Pumpkin Soup

Method

- 1 Heat the oil and butter in a large saucepan then gently cook the onion, celery, garlic and carrots until soft but not coloured on low heat for about 10 minutes
- 2 Add the chopped pumpkin, salt and pepper and spices, continue to cook and stir occasionally for 8-10 minutes
- 3 Pour in the stock, add the bay leaves and season well and bring to a boil. Half cover the pan with a lid and reduce to a simmer, continue to cook for about 20 minutes until all the ingredients are really tender when tested with the point of a knife.
- 4 Remove from the heat and add the cream then puree with a hand blender until really smooth, if you want an extra velvety texture to your soup then you can pass it through a fine sieve. At this stage, the soup can now be stored in the fridge for 4-5 days or frozen for up to 4 months
- 5 Reboil the soup for a couple of minutes, you can adjust the consistency at this stage if it is a little too thick add more stock or a splash of milk, ladle into warmed bowls, and serve with crusty bread

Aud's tip

For an even more luxurious soup serve with a generous spoonful of grated mature Lancashire cheese in the centre of each bowl.

The pumpkin in this recipe can be replaced with any of the squash family of vegetables (also known as Cucurbits or Gourds) for example Butternut Squash.

