

## Halloween Pumpkin Soup



### **Profitability:**

### **Steps:**

Cut the top off the pumpkin and set aside. Scoop out the seeds and fibres from middle and discard

Using a sharp knife and a spoon, carefully hollow out the pumpkin, removing the flesh and setting aside. Roughly chop the scooped-out pumpkin flesh

Melt the butter in a large pan and add the onions. Cook the onions until they are softened and golden-brown

Add the pumpkin flesh and season, to taste. Increase the heat to medium and cover with the lid. Cook for 40- 45 minutes, stirring occasionally to prevent the base from burning

Add the stock and bring to a boil. Remove from the heat and allow to cool slightly. Transfer the soup to a food processor in batches and blend until smooth

Return the soup to the pan and bring to a low simmer and cook for a further half an hour

Forty-five minutes before serving, preheat the oven to 170C/335F/Gas3

Pour the soup into the hollow pumpkin shell and stir to combine

Place the reserved pumpkin 'lid' onto the pumpkin and place onto a large baking tray. Cook in the oven for about 45 minutes, to bring the soup up to temperature

### **Ingredients:**

Pumpkin

Butter 125g / 4oz

Medium onions 2, peeled, finely chopped

Salt and freshly ground black pepper

Essential Cuisine Chicken stock 1.7 litres/3 pints (vegetarians may substitute vegetable stock)