

Pumpkin Soup



Serves: 6

Profitability:

Steps:

Heat 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, then carry on cooking for 8 - 10 mins, 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, then simmer for 10 mins until the squash is very soft. Pour the cream into the pan, bring back to the boil, then puree 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, then fry the bread until it starts to become crisp. Add the seeds to the pan, then 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 drizzle with more olive oil, if you want

Ingredients:

4 tbsp olive oil

2 onions, finely chopped

1kg pumpkins or squash (try kabocha) peeled deseeded & chopped into chunks

700ml vegetable or chicken stock

142ml double cream

4 slices wholemeal seeded bread

Handful pumpkin seeds

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