

Roast Pumpkin Soup

Ingredients – serves 3-4

1 edible pumpkin (or squash),

Olive oil

Salt & pepper

Teaspoon cinnamon

2 cloves garlic, crushed

1 onion, peeled and chopped

1 stick celery, finely chopped

½ teaspoon dried oregano

1 litre chicken stock

Double cream

METHOD

- Cut the pumpkin in half, scoop at the seeds and fibres. Cut away the stalk and peel off the skin. Cut into small dice, about one cm.
- Heat a little olive oil in a pan, add the diced pumpkin and toss a couple of times to coat with the oil. Season with salt, pepper, cinnamon and oregano. Cover with a lid and cook gently for about 15 minutes until the pumpkin is tender. You may need to add a little water towards the end.
- In another pan, gently sweat the onion, celery and garlic in olive oil.
- Add these vegetables to the pumpkin together with half the hot chicken stock. Blend with a stick blender adding more stock as required to achieve the desired consistency.
- If you prefer a very smooth finish, pass the soup through a sieve.
- Ladle into warmed bowls and add a swirl of cream before serving. If a lighter finish is preferred, use an infused olive oil instead of the cream.