



Posted on 19 October 2014

by Liz Robb

Pumpkin soup



Ingredients

20g butter
 1 tablespoon of sunflower oil
 4 shallots
 Large clove of garlic
 1 pumpkin, about 775g prepared weight
 2 carrots
 550 ml chicken or vegetable stock
 300ml light coconut milk
 2 teaspoons of ground coriander
 1 teaspoon of cayenne pepper
 Salt and black pepper
 Small bunch of fresh coriander
 1 small lemon
 Thick Greek yoghurt or cream

Preparation

- 1 1. First prepare the vegetables. Remove the thick skin from the pumpkin, scoop out the seeds and chop the flesh into cubes. Peel and chop the carrots. Peel the shallots and garlic, and slice the shallots thinly.
- 2 2. Melt the oil and butter in a large saucepan, and cook the shallots very gently for 4-5 minutes to soften, stirring occasionally. Stir in the crushed garlic, then add the chopped carrot and cook for another 2-3 minutes. Add the cubed pumpkin and co
- 3 3. Pour in the chicken stock, or vegetable stock if cooking for vegetarians, then gradually stir in the coconut milk. Add the ground coriander and cayenne pepper, then season with salt and black pepper. Bring to a gentle simmer and cook, stirring occ
- 4 4. Turn off the heat and blend until you have a very smooth texture. Return to the heat, adding a little more hot stock to adjust the thickness if necessary. Check the seasoning and add the fresh coriander, chopped finely. Squeeze in a splash of lemo
- 5 5. Serve topped with a dollop of thick Greek yoghurt or fresh cream, and a garnish of chopped fresh coriander. Accompany with fresh crusty bread.
- 6 Notes:
- 7 The variations of pumpkin soup are endless! Here are just a few ideas that you might want to try:
- 8 - Butternut squash works well instead if it's the wrong season for pumpkin.
- 9 - Some recipes suggest that you roast the pumpkin first
- 10 if you do so, roast the carrot too and reduce the cooking time.

- 11 - This recipe makes a soup that is quite mildly spiced. If you like more heat, try using other ingredients such as curry powder, cumin, and paprika, or add fresh chopped chillies or chilli flakes.
- 12 - Other herbs you could use include parsley, thyme and tarragon.
- 13 - Try adding a splash of Thai fish sauce instead of lemon juice.
- 14 - I find this soup to be naturally thick, but if you use a sweet potato or a potato instead of the carrot it will thicken even more.
- 15 - Coconut milk isn't essential
- 16 you can use normal milk instead.
- 17 - Garnish with chives or spring onions if you don't have coriander.

Cooks Note

A thick, creamy and warming soup, perfect for Halloween and Bonfire night!

It's a great way to use up the orange flesh scooped out of pumpkins before you cut and light them, to create the delightfully spooky jack - o'- lanterns that children love. However, you need to choose your pumpkins with care; for cooking, you should look for pumpkins labelled in supermarkets "for culinary purposes", normally smaller than those sold just for carving. The flesh of the bigger ones can be rather watery or stringy, and not so good to eat.
