

SPICED PUMPKIN SOUP

INGREDIENTS (serves 6)

Pumpkin soup:

1 large Pumpkin (skinned and de seeded)
3 cloves garlic, smashed
1 onion, diced
Thyme
Ground nutmeg
Cinnamon stick
Star anise
Chilli
1 tsp tomato purée
75ml vegetable oil

Pumpkin stock:

Pumpkin skin and seeds, roughly chopped
1 clove garlic
1 onion
Bay leaf
Cinnamon stick
Star anise
Water to cover

Garnish:

Crème fraiche
Roasted pumpkin seeds

RECIPE

Pumpkin Stock:

Put all the ingredients into a pan and cover with water. Bring to the boil, turn down and allow to simmer on a low heat for 2 hours. Pass the stock through a sieve and reserve.

Pumpkin Soup:

Chop the pumpkin flesh into 2 inch cubes. Place in a large roasting tray with the onion, garlic, thyme, cinnamon, star anise, chilli, nutmeg and tomato purée. Lightly drizzle in vegetable oil and roast at 180C degrees for approximately 1 hour, until caramelised.

Place the stock and roasted spiced pumpkin in a pan and place on a medium heat. Allow the stock to reduce by one quarter. Remove the star anise and cinnamon pieces and blitz in a food processor.

To Serve:

Garnish with crème fraiche and roasted pumpkin seeds and enjoy your efforts!