



Pumpkin soup

Equipment

Cutting board and knife

Measuring spoons

Saucepan

Stick blender

Ingredients

1 ½ L Water

1kg Pumpkin, diced

2 Medium Potatoes

1 Onion, diced

3 cloves Garlic crushed

2 Vegetable stock cubes

Salt & Pepper to taste

300ml Sour Cream

What to do

Task 1 : Prepare the ingredients

Remove skin of pumpkin and chop into small cubes. Wash and chop potatoes into small cubes

Peel and thinly slice the onion, peel and crush garlic

Task 2 : Cook

Put the butter and oil in a saucepan over a low heat, add the chopped onion and crushed garlic.

Cook for about 3 minutes. Add 1 ½ L water and bring to the boil. Add chopped pumpkin, potatoes and stock cubes to the water. Boil until the vegetables are tender.

Task 3 : Process

Using a stick mixer, blend into a smooth paste. Add salt and pepper to taste.

Finish and serve

Turn off the heat. Whizz the soup with a stick blender until it is smooth. Add the orange juice from one half and stir. Taste for seasoning, add sea salt and freshly ground black pepper

Serve with a dollop of cream and chopped parsley/fresh herbs.



Source: /www.deliciousmagazine.co.uk