

Pumpkin soup

2 pumpkins, cut in half
1 large onion, chopped
2 potatoes, cubed
1 carrot, cubed
1 liter chicken or vegetable stock
1 cube of butter (roughly 120g)
olive oil
s&p, cayenne pepper
cream



Cut the squash in half and place on a baking tray yellow side up. Roast in oven for roughly 30-40 mins until squash is soft and peel comes off easily.

While the squash is roasting, chop the onion and throw it in a big pot. Carmelize the onion with some olive oil, butter, salt and pepper.

When the squash is finished roasting, peel and cut in cubes. Throw the squash into the pot with the rest of the butter. Put the lid on the pan, turn the heat to low, and allow the squash to 'sweat' in the pot for roughly 20 minutes.

Chop the potatoes and carrot and add to the pot along with the stock. Cook until vegetables are tender.

Puree the soup, and season to taste with salt and pepper, and a pinch of cayenne pepper.

Add a cup or so of cream to the pot right before serving (If you're going to freeze the soup, don't add the cream).

You can also sprinkle some roasted pumpkin seeds on top of the soup and a swirl of olive oil when you serve it. ☺

Enjoy with some yummy bread!
Perfect for this time of year

