



Spicy Pumpkin Soup

Season: Autumn
Type: Soups & starters
Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 at home

Fresh from the garden: chives, garlic, red onions,
potatoes, pumpkin

Recipe Source: Stephanie Alexander Kitchen Garden Foundation

Everyone should know how to make pumpkin soup, and of course the best soup is made with pumpkin picked straight off the vine from your garden. Think about what other flavours you'd like to add to this as you make it – everyone develops their own version as they grow older.

Equipment:

metric scales, jugs and spoons
tea towel
chopping board
kitchen knife
large pot
mixing spoon
serving bowl for each diner
kitchen scissors

Ingredients:

1 kg butternut pumpkin
2 potatoes
1 red onion
3 garlic cloves
1 tablespoon olive oil
¼ teaspoon dried chilli flakes
2 teaspoons ground coriander
1 L salt-reduced chicken stock
½ cup reduced-fat or regular cream
chives, to serve



What to do:

- Peel and chop the pumpkin and potatoes. Chop the onion and crush the garlic.
- Heat oil in a saucepan over medium-high heat. Add onion and garlic. Cook, stirring, for 3 minutes or until onion has softened. Add potato and pumpkin. Cook, stirring occasionally, for 5 minutes or until potato starts to brown. Add chilli and coriander. Cook for 1 minute or until fragrant.
- Add stock. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 10 to 12 minutes or until potato and pumpkin are tender. Set aside for 2 minutes to cool slightly.
- Blend in batches until smooth. Return to pan over low heat. Stir in cream. Cook for 1 minute or until heated through. Season with pepper. Divide between bowls and top with snipped chives.

