

A large, vibrant bowl of orange pumpkin soup is shown in a white bowl. The soup is garnished with fresh green parsley leaves, small dark seeds, and a few pieces of what appear to be roasted pumpkin seeds. The background is a dark, rustic wooden surface. In the top left corner, there is a small inset image showing a bowl of pumpkin seeds.

Pumpkin Soup

🕒 Half an hour +

Ingredients

1.2 kg pumpkin
1 onion , sliced
2 garlic cloves, peeled whole
3 cups vegetable stock
1 cup water
Salt and pepper
1 cup of cream

Method

1. Cut the pumpkin into 3cm slices. Cut the skin off and scrape seeds out. Cut into 4cm chunks.
2. Place the pumpkin, onion, garlic, broth and water in a pot – liquid won't quite cover all the pumpkin.
3. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender (check with butter knife) – about 10 minutes.
4. Remove from heat and use a stick blender to blend until smooth.
5. Season to taste with salt and pepper, stir through cream (never boil soup after adding cream, cream will split).
6. Ladle soup into bowls, drizzle over a bit of cream, sprinkle with pepper and parsley if desired. Serve with crusty bread!