



ASIAN-STYLE ROASTED PUMPKIN SOUP

Asian-style roasted pumpkin soup with seeds toasted in sesame oil

Here's a seasonal recipe with a twist to inspire a touch of kitchen creativity at home - either alone with the radio on or shared between family members

Ingredients:

1 medium pumpkin 1-1.5 kilos
1 chopped large onion
100 grams peeled fresh ginger
2 lemon grass sticks.
1 to 2 red chillis (optional)+ seeds from a dozen or so cardamom pods
3 kaffir lime leaves (if available)
2 litres water or vegetable stock (a natural cube is fine)
1 can coconut milk

Method:

Carefully quarter the pumpkin and remove seeds and halve again.

Put in a baking tray with a little sunflower oil or equivalent and roast for 45 minutes approx at 180c until soft enough to scoop out the flesh. You may also find pre-chopped wedges of pumpkin in supermarkets - easier and safer!

Whilst that's roasting, prepare the other elements. Chop the onion, ginger and chilli reasonably finely and sweat in a good sized saucepan with the lemon grass sticks which need bashing a bit to extract aroma, also adding the cardamom seeds.

Remove from heat until pumpkin flesh comes away easily from the skin and then add it to the pan and stir through before adding your water or stock and the kaffir lime leaves. Bring to the boil and simmer for 30 minutes or so, whilst allowing the soup to reduce by about a third. At this point add the tin of coconut milk and adjust seasoning to taste. Remove the kaffir lime leaves and the lemon grass sticks.

Blend the soup until smooth and serve when you wish – either immediately or allow to cool and keep in the fridge until required for a day or two.

Serve with pumpkin seeds that have been pan roasted with a little sesame oil and a nice sprig of fresh coriander.

Bon Appétit.

Do let us know how you got on!