

Pumpkin Soup

Ingredients

1½ kg Jap pumpkin
4 tablespoons olive oil
2 onions
1 litres chicken stock (2 stock cubes per litre water)
500mls (½ litre) cold chicken stock
250 ml cream
plus a little cream to serve
salt to taste
chives for garnish

What to do:

1. Remove the skin from the onion and dice.
2. Heat the oil in a large saucepan and put the chopped onion into the pot. Sauté the onion gently until transparent and very soft.
3. Pumpkins are quite hard work to prepare. **Volunteer to cut the pumpkin in half on the chopping board.** Using a spoon scrape out the seeds from the centre of the pumpkin and save in a bowl. With grown up assistance carefully slice off the peel and cut the pumpkin into small chunks. Add the pumpkin pieces to pot.
4. Pour in 1 litre of stock into the pot. Put a lid on the pot and bring to boil. Remove lid and reduce the heat to simmer. Cook for 20 minutes or until the pumpkin is tender.
5. Chop the chives finely and set aside for garnish.
6. Whilst the soup is cooking remove the pith from the seeds and save to grow or eat.
7. Pour in 500mls cold stock to the pot of soup plus 250ml cream to cool it down.
8. Ladle the soup into the blender and purée in small batches so the hot liquid does not overflow when being blended.
9. Return the soup to the pots and add salt to taste. Reheat if necessary. Thin with a little water if too thick.
10. All team to taste and adjust flavours to their liking.
11. Line up 18 small bowls and carefully ladle up soup to serve.
12. Using a teaspoon drizzle a little extra cream on top and a little sprinkle of chives to garnish.