

PUMPKIN AND COCONUT SOUP

EQUIPMENT

BLENDER, CHEF KNIFE, MEDIUM FRYPAN, SPOONS

INGREDIENTS

1 BROWN ONION, 4 CLOVES GARLIC, 3CM PIECE OF GINGER, ½ BUTTERNUT PUMPKIN,
200GM COCONUT CREAM, 100GM NATURAL YOGURT,
5GM HARISSA, SALT, EXTRA VIRGIN OLIVE OIL

METHOD

HEAT THE FRYPAN OVER MEDIUM HEAT, SLICE THE ONION, ROUGHLY CHOP THE GARLIC AND GINGER

ONCE THE PAN IS HOT ADD A SPLASH OF EVOO AND SAUTÉ THE ONION OVER MEDIUM HEAT UNTIL IT BEGINS TO JUST COLOUR

NEXT ADD THE GINGER AND GARLIC AND CONTINUE TO COOK FOR ANOTHER 1-2 MINS

PEEL THE PUMPKIN AND CUT IT INTO CHUNKS AND PLACE IT ONTO A PERFORATED TRAY AND LIGHTLY SEASON WITH SALT

TIP THE ONION, GARLIC AND GINGER MIX OVER THE PUMPKIN AND ADD A LITTLE EXTRA SEASONING, PLACE THE TRAY INTO A PRE HEATED OVEN
STEAM SETTING 100 DEGREES FOR 30 MINS AND PLACE ANOTHER TRAY UNDERNEATH TO CATCH ANY COOKING LIQUID

IN A SMALL MIXING BOWL ADD THE YOGHURT, HARISSA AND A LITTLE EVOO AND MIX TOGETHER AND SET ASIDE

ONCE COOKED REMOVE THE PUMPKIN AND ADD IT TO THE BOWL OF A BLENDER WITH APPROX HALF THE COOKING LIQUID, ADD THE COCONUT
CREAM AND BLEND UNTIL SMOOTH, CHECK AND ADJUST THE SEASONING IF REQUIRED

TO FINISH POUR THE SOUP ONTO A BOWL AND ADD A DOLLOP OF HARISSA YOGHURT AND A SPRIG OF CORIANDER

HINTS & TIPS

- PUMPKINS CAN BE DIFFICULT TO PEEL SO USE YOUR KNIFE INSTEAD OF A VEGETABLE PEELER, JUST MAKE SURE YOU CUT A FLAT SECTION OF THE PUMPKIN TO WORK ON
- PUMPKINS HAVE A LOT OF NATURAL WATER SO YOU DON'T NEED TO ADD MUCH LIQUID WHEN BLENDING THE SOUP
- MOST SOUPS GET BETTER WITH AGE, MAKE YOUR SOUP 1-2 DAYS AHEAD OF WHEN YOUR PLANNING TO USE IT AND THE FLAVOURS WILL DEVELOP GIVING A MORE ROUNDED FLAVOUR