

ROASTED PUMPKIN SOUP

RICH, CREAMY ROAST PUMPKIN SOUP IS A HEARTY, DELICIOUS CLASSIC



Roasted Pumpkin Soup in Mdina Glass Lifestyle Range Bowl.

Ingredients (serves 4)

- 2.5kg pumpkin
- 200g onions, chopped
- 50ml olive oil
- 2lt chicken stock
- 25g pumpkin seeds
- 2 slices bread
- 1tsp curry powder
- 10ml cream

ROASTED PUMPKIN SOUP (cont'd)



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Method

1. Chop the pumpkin into largish pieces which makes it easier to hack off the rind and remove the seeds and stringy bits. Then cut the flesh into smaller pieces and finally, cube them.
2. Heat up the oven to a fairly high heat. Put the pumpkin cubes on a roasting tray and drizzle with olive oil. Roast for 30 mins.
3. Fry the onions with curry powder, then add the roasted pumpkin and chicken stock and bring to the boil. Turn the heat right down and simmer for 40 minutes.
4. Cut the bread into small cubes and fry in a little olive oil to make croutons.
5. Roast the pumpkin seeds under the grill.
6. When the soup is done, blend it until smooth. Ladle it into bowls, swirl in some cream and scatter with pumpkin seeds and croutons.