

Pumpkin Soup



Ingredients (serves 6)

- 2 tbs olive oil
- 1 onion, finely chopped
- 1 leek, white part only, finely sliced
- 1 garlic clove, crushed
- 1/2 tsp ground coriander
- 1 tsp ground cumin
- 1/2 tsp freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1L chicken or vegetable stock
- 1/2 cup (125ml) thin cream
- Crème Fraiche
- Fresh Chives

Method

1. Heat oil in a large saucepan over low heat, add onion and leek and cook for 2-3 minutes, until softened but not coloured. Add garlic and spices and cook, stirring, for 30 seconds. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes. Allow to cool slightly, then blend in batches.
2. Return soup to pan, stir through cream and reheat gently. Season and add a little more nutmeg if desired.
3. Put individual serves in bowls, add a spoon full of crème fraiche (do not stir in) and sprinkle with a generous pinch of finely chopped chives.