



EPISODE 29 - SPICY PUMPKIN SOUP

Ingredients for 6 serves:

Olive oil

1 onion chopped

500 ml chicken stock

2x 400 ml cans coconut milk

150 ml vermouth

1 Hokkaido Pumpkin 2.5 kg

1 piece ginger thumb sized

1 large clove garlic

1 tbsp Tom Yum paste

Salt & pepper

Method:

Clean and chop the pumpkin

Heat the olive oil in a large pot

Add the onions and sauté till glassy

Add the garlic and ginger and sauté for a further 3 minutes

Add the Tom Yam paste and mix through till completely dissolved

Add the pumpkin and cook for a couple of minutes

Deglaze with the vermouth

Add the chicken stock and coconut milk and stir through

Bring to the boil and then simmer for about 25 - 30 minutes or until the largest pumpkin pieces are soft

Purée till creamy

Garnish with coconut milk, pumpkin seeds and pumpkin seed oil