

Pumpkin Soup Recipe

Serves 6

Ingredients

50g butter

1 chopped onion

1kg cubed pumpkin

2 crushed garlic cloves

2 bay leaves

75ml white wine

900ml fresh stock

15g Parmesan rind

2 tbsp double cream

Salt and pepper to season

Method

1. Melt the butter in a large saucepan over a medium-low heat. Add the onion and pumpkin and cook, stirring, for 5 minutes. Add the garlic and bay leaves and cook, stirring, for a further 5 minutes.
2. Add the wine, bubble for a few minutes, and then add the stock and Parmesan. Increase the heat to bring the soup to the boil, then simmer for 10 minutes or until the pumpkin is really soft. Set aside to cool slightly, then remove and discard the bay leaves and parmesan rind.
3. Purée the soup using a blender. Return the pan to medium-low heat. If the soup is too thick add a little water. Stir in the cream and season.
4. When ready to serve, reheat the soup and ladle into soup bowls.