

ROASTED PUMPKIN & GARLIC SOUP

Equipment

Baking tin

sharp knife

Food processor

wooden spoon

Ingredients

2 tablespoons olive oil

1 brown onion

850 grams pumpkin

2 cloves garlic

$\frac{1}{4}$ cup honey

salt & pepper

1 litre (4 cups) stock

1 cup (250 ml) cream

1 tablespoon chopped sage

1 cup sour cream

Method

1. Preheat the oven to 180 °C.
2. Peel the onion and cut into wedges. Peel the pumpkin and cut into large cubes.
3. Place the oil, onion, pumpkin, garlic, honey, salt & pepper in a baking dish and toss to combine.
4. Roast for 30-35 minutes or until pumpkin is tender and cooked through.
5. Place half the pumpkin mixture in a food processor. Add half the stock and blend until smooth. Repeat the process with the other half of the pumpkin mixture and stock.
6. Place the pumpkin puree and cream into a large saucepan. Bring to the boil over high heat. Reduce the heat to low and simmer for 2-3 minutes or until the mixture thickens slightly.
7. Add the sage to the sour cream and stir to combine. Serve the soup topped with the sour cream.

Adapted from recipe by
Harper Collins 2009



Donna Hay "Seasons",