

Pumpkin Soup

Lots of lovely looking hollowed out pumpkins with big smiley faces and SO much pumpkin flesh to find a home for. Autumn is the perfect time to fob everyone off with lots of exciting soups, the children will just love the idea of eating something that they have helped to prepare and grownups will also enjoy it as long as it's well presented.

Preparation: 30 – 35 minutes **Cooking time:** 45 – 55 minutes **Serves:** 6 – 8

Ingredients:

2lbs (900g) pumpkins
2 medium sized onions
2 tbs olive oil
1 1/2 pints (700ml) stock
6 fl oz (150ml) double cream
Salt and pepper to taste
Sprig of parsley to decorate



Directions:

1. Chop and fry the onions gently with the olive oil in a pan large enough to take the entire soup.
2. Deseed and chop the pumpkin into little chunks, add these to the frying pan. Cook gently stirring occasionally for a further 5 – 10 minutes.
3. Add the stock, salt and pepper and bring to the boil for about 10 minutes.
4. Add the cream and boil again.
5. Now put the whole lot into the liquidiser and whizz until smooth.
6. This should be served with a few parsley leaves placed on top, hot, with delicious fresh bread on a cold winters day.