

Pumpkin soup recipe

Turn your pumpkin carving leftovers into a deliciously warming soup with this fab BBC Good Food recipe. You can also roast the seeds to sprinkle on top or eat as a tasty snack. No waste and great taste!

What you'll need:

- 1 large onion, chopped
- 2 carrots, peeled and chopped
- 2 garlic cloves
- 1 bay leaf
- 25 g/1 oz unsalted butter
- 2 tbsp olive oil
- 1 medium pumpkin (prepared weight about 850 g/1 lb 14 oz) deseeded and roughly chopped
- 1 medium-sized floury potato, such as Maris Piper, roughly chopped
- 1 litre/1 $\frac{3}{4}$ pint vegetable or chicken stock, a little extra may be needed
- 100 ml/3 $\frac{1}{2}$ fl oz double cream
- 3 tbsp pumpkin seeds
- Salt and freshly ground black pepper



Method:

Step 1: Put the onion, carrots, garlic bay leaf, butter and half the olive oil into a large pan. Cook over a low–medium heat for about 10 minutes until the vegetables are tender but not coloured.

Step 2: Add the pumpkin and potato, mix to combine and cook for a further 2–3 minutes. Pour in the stock, season well and bring to the boil. Reduce the heat to a gentle simmer, half cover the pan with a lid and continue to cook for about 40 minutes until the squash is really tender when tested with the point of a knife.

Step 3: Pick out the bay leaf and blend the soup until smooth using a stick blender.

Step 4: Add the cream and a little more stock if the soup is on the thick side, taste for seasoning, adding more salt and pepper as required.

Step 5: Meanwhile, heat the remaining oil in a frying pan over a medium heat and add the pumpkin seeds and fry quickly until the seeds start to pop. Remove from the pan.

Step 6: Ladle the soup into bowls and serve with a swirl of cream and the toasted pumpkin seeds.