

Roasted Pumpkin Soup

Information

- Serves: 8-10
- Preparation time: 15 minutes
- Cooking time: 1 hour 40 minutes

Ingredients

- 2kg Pumpkin (Chopped)
- 2 Cloves of Garlic
- 2 Diced Red Onions
- 1 Handful of Chopped Oregano
- ½ Tsp (2.5ml) Ground Nutmeg
- Salt and Pepper To Season
- Olive Oil
- 1.5L Vegetable Stock
- Tabasco Sauce (Optional)

To Serve

- Cream
- Crusty part-baked rolls

Method

1. Preheat the oven to 180°C / 160°C / Gas Mark 4.
2. Place all the ingredients, except the stock, on a large [baking tray](#). Cover olive oil and mix together, ensuring all the ingredients are coated.
3. Place in the oven and roast for 90 minutes, checking regularly that the vegetables don't catch. Once cooked, remove from the oven, and place the contents of the tray into a large cast-iron [casserole dish](#) and remove the skin of the garlic.
4. Pour the stock over the roasted ingredients and on medium heat, bring to a boil. Reduce the heat and simmer for 10 minutes to allow all the flavours to combine.
5. Using a [stick blender or jug blender](#), blend the soup until smooth and silky. Season to taste.
6. Serve with a drizzle of fresh cream, picked Oregano and a crusty warm role or baguette.

Tip: The soup freezes well and will last stored in the fridge for up to 4 days. Add chilli and ginger to the roasting process and finish off with coconut cream to mix up the flavour.