

Rescue Recipe

This recipe is great for using up leftover Pumpkin



Spicy roasted Pumpkin Soup

Introduction

This is a great way of using up the carved pumpkins left over from Halloween. Now there is no need to throw away the insides of those Jack-O-Lanterns!

Ingredients

1.5kg / 3-3 ½ lb pumpkin

90ml / 6 Tbs olive oil

2 onions chopped

3 garlic cloves, chopped

3 inches/7.5cm piece of fresh root ginger, grated

5ml / 1 tsp ground coriander

2.5ml / ½ tsp ground turmeric

Pinch cayenne pepper

1 litre / 1 ¾ pints / 4 cups vegetable stock

Salt and pepper to taste

1 Tbs sesame seeds and coriander, or a handful of roasted pumpkin seeds.

Method

Preheat oven to 200C / 400F / Gas 6. Prick the pumpkin with a fork if not already carved. Brush with oil and bake for 45 mins, then remove from oven.

When cool, cut the pumpkin open, being careful of hot steam escaping. Scoop out the seeds and scoop out and chop up the remaining flesh.

Heat 4 tbs of oil in a large pan and add the onions, garlic and ginger, and cook for 4-5 minutes. Add the herbs and cook for another 2 minutes. Stir in the pumpkin flesh and stock, bring to the boil and then simmer for 20 minutes.

Cool the mixture and use a hand blender to make a smooth pureed soup. Season, and serve with sesame or pumpkin seeds, and a sprig of coriander.

Recipe by:



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