

# THE RIVER CAFE LOOK BOOK



PHAIDON

PUMPKIN SOUP



# PUMPKIN SOUP

*This is a great dish to make in the autumn when pumpkins are at their best. Cutting pumpkin can be very difficult so make sure you have someone to help you.*

# PUMPKIN SOUP

## Ingredients:

3 tablespoons **extra-virgin olive oil**,  
plus extra to serve  
50g (3 ½ tablespoons) **butter**  
2 cloves **garlic**, very finely sliced  
1 tablespoon **sage** leaves  
1.5kg (3lb 5 oz) **pumpkin**, peeled,  
deseeded (seeded) and cut into large cubes  
1 large **potato**, peeled and cubed  
1 red **chilli**

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sea salt and freshly ground **black pepper**  
1 litre (34 fl oz/4 ¼ cups) **chicken stock (broth)**  
3 tablespoons freshly grated **Parmesan**, to serve  
1 tablespoon **crème fraîche**, to serve

Serves 6

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- 1. Heat the olive oil and butter in a pan over a medium heat.**
- 2. Add the garlic and sage leaves and fry for 5 minutes.**
- 3. Add the pumpkin and potato, then fry for 1 minute.**
- 4. Add the chilli and season well with salt and pepper.**
- 5. Pour in enough stock to just cover the pumpkin.**
- 6. Bring to the boil.**
- 7. Reduce the heat to low and simmer for 20-25 minutes until the pumpkin is tender.**
- 8. Strain about one third of the stock (broth) from the pumpkin into a bowl and set aside.**
- 9. Pour what is left in the pan into a food processor.**

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- 10.** Pulse quickly until the mixture is very thick.
- 11.** Return the mixture to the pan.
- 12.** Add the strained stock and stir.  
The soup will be very thick.
- 13.** Taste, then add more salt and pepper, if needed.
- 14.** Serve with the Parmesan, a drizzle of olive oil and the crème fraîche on top.