

### Curried Pumpkin Soup - Serves 4

#### Ingredients

- 2 pounds (900g) of pumpkin, cubed
- 1 large onion, chopped
- 1 large potato, peeled and cubed
- 1-2 cloves of garlic, crushed
- 1 flat teaspoon mild curry powder
- 1 bay leaf
- salt and freshly ground pepper
- 3-4 cups vegetable stock
- 1 tablespoon sunflower oil

#### Method

1. Boil the pumpkin cubes and the bay leaf in some water until nearly tender
2. Sweat the chopped onion in the oil until transparent
3. Add the crushed garlic, ensuring it does not burn
4. Mix in the curry spice and stir
5. Add the cooked pumpkin to the spicy onions
6. Add potato cubes, stock, salt and pepper and simmer until cooked
7. Blend to a creamy consistency
8. Serve with warm crusty bread



### Creamy Pumpkin Soup - Serves 4

#### Ingredients

- 1 large butternut squash or 1 medium pumpkin, peeled, deseeded, cubed
- 500g potatoes, cubed
- 1 medium-large onion, chopped
- Handful fresh coriander leaves
- 1 veg stock cube
- Knob of butter and 30ml olive oil
- 75ml double cream (optional)
- Pepper to taste

#### Method

1. Melt the butter with the oil in a large pan. Fry onion gently, until it starts to soften. Stir to make sure it doesn't brown.
2. Add the potatoes and pumpkin. Stir, cover and cook for 10 minutes, stirring occasionally.
3. When the potato has started to soften, mix the stock cube with about 1 litre of water and add to the pan. Simmer until all the vegetables are soft - about 15 minutes. You might need to add more water but add just enough to cover the vegetables, or the soup will be too runny.
4. Add the coriander and the cream and liquidise.

### Easy Pumpkin Soup – Serves 4

#### Ingredients

- 1 medium pumpkin or large butternut squash, peeled, deseeded and cubed
- 1 large onion, skinned and chopped
- 1 carrot, peeled and cubed
- 1 large potato, peeled and cubed
- 1 fat clove of garlic, peeled.
- 2-3 bay leaves
- Good pinch of dried chilli or cayenne
- About 1.5 pints of veg stock (such as Marigold vegetable bouillon powder)
- Salt and pepper
- Parmesan cheese and Cream

#### Method

1. Place all vegetables, clove of garlic, bay leaves and chilli in a large saucepan
2. Make stock according to pack instructions. Cover veg with stock until vegetables are just covered. Taste the stock now and add salt, pepper or a little more stock powder as required.
3. Bring to a boil and then simmer for about 20-30 mins until all veg is tender
4. Remove bay leaves and blend. Check seasoning.
5. Serve with crusty bread and butter. You may like to provide a bowl of grated cheese and jug of cream for your guests to add as they wish

### Swiss Pumpkin Soup – Serves 6

#### Ingredients

- 1kg pumpkin, peeled and diced
- 200 g carrots, peeled and sliced
- 300g potatoes, peeled and diced
- 1 med onion, peeled and quartered
- 2 tbsp. olive oil
- 2L water
- 6 vegetable stock cubes at 10 g
- 15ml single cream
- pinch of nutmeg, pepper and salt
- 1 bunch parsley, chopped

#### Method

1. Fry onion in oil until translucent.
2. Add vegetables, stirring constantly.
3. Add water and stock cubes. Stir until boiling, reduce heat, simmer gently uncovered until the vegetables are tender.
4. Remove from heat and puree all until smooth. Adjust seasonings, and stir in the cream.
5. Garnish with chopped parsley and serve with fresh bread.

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