

Snacky Stuff

Pumpkin Soup



Pumpkin Soup

Ingredients:

- 1 large pumpkin
- 1 large onion
- 2 garlic cloves
- 2 tablespoons olive oil
- 2 teaspoons curry powder
- 1 pint vegetable stock
- 1 pint milk
- Handful parsley

Equipment:

- Large saucepan
- Chopping board
- Knife
- Hand blender



Recipe

1. Hollow out the pumpkin, cut a large hole in the top scrape out the seeds and throw them away. Scrape out the orange flesh, but be careful not to break through the skin of the pumpkin. Keep the pumpkin shell to one side.
2. Finely chop onion and garlic.
3. Heat the oil in a saucepan on a low heat, add the onion and garlic and cook for 5 minutes stirring well.
4. Add curry powder and stir for a minute.
5. Add the pumpkin, vegetable stock and milk, put a lid on and simmer for 20 minutes stirring occasionally.
6. Blend soup using a hand blender.
7. Pour the soup into the pumpkin shell and sprinkle with chopped parsley.
8. Serve with fancy croutons.

Fancy Croutons

Ingredients:

- 4 slices of bread (slightly stale, but not mouldy!)
- Mixed herbs
- Drizzle/spray of olive oil

Equipment:

- Oven and oven gloves
- Baking Tray
- Pastry cutters



Recipe

1. Preheat the oven to 150°C.
2. Cut shapes out of the bread using the cutters.
3. Place the croutons onto the baking tray, drizzle or spray with a little olive oil and sprinkle with mixed herbs.
4. Bake for 10 minutes or until they are really crunchy.