



ONE BOWL PUMPKIN SOUP (TM6, TM5)

 10 min.  30 min.  easy  4 portions

INGREDIENTS

1 brown onion (approx. 180 g), cut into halves
20 g butter
500 g pumpkin, peeled, cut into pieces
1 carrot, cut into pieces
500 g water, adjust to taste
1 tbsp Vegetable stock paste (see Tips)
30 g pouring (whipping) cream (optional)
2 pinches salt, to taste
2 pinches ground black pepper, to taste
fresh basil, leaves only, for garnishing

USEFUL ITEMS

no information

THERMOMIX PARTS

measuring cup, spatula, simmering basket

Preparation

1. Place onion into mixing bowl and chop **3 sec/speed 5**. Scrape down sides of mixing bowl with spatula.
2. Add butter and sauté **3 min/120°C/speed 1**.
3. Add pumpkin and carrot and chop **15 sec/speed 7**. Scrape down sides of mixing bowl with spatula.
4. Add water and stock paste and cook **20 min/100°C/speed 1**.
5. Add cream (optional) and blend **1 min/speed 5-9, increasing speed gradually from speed 5 to speed 9**.
6. Season to taste with salt and pepper, garnish with basil and serve hot.

TIPS

- Serve pumpkin soup with fresh crusty bread on the side.
- If you are using soft-skinned pumpkin you can leave the pumpkin unpeeled.
- To make Vegetable stock paste, please refer to recipe on Cookidoo®.

VARIATION

- **Asian-style pumpkin soup:** add 2 cm cube fresh ginger, peeled; 1 small red or green chilli, deseeded if preferred; 2 sprigs fresh coriander; and 1 stalk fresh lemongrass, white part only, along with the onion in step 1 and chop **3 sec/speed 7**. Substitute cream with 2 tablespoons of coconut cream and proceed as per recipe.