

thai style pumpkin soup

Equipment:

Chopping board, scales, knives, measuring spoons and cup, cooking pot, wooden spoon, bamix, mortar and pestle

Ingredients:

2 TBLSPNS olive oil
1 onion
2 cloves garlic
1 small piece fresh turmeric, OR 1 tspn dried
1 knob ginger, 20 gms
½ TBLSPN coriander powder
½ TBLSPN cumin powder
½ cup tomato puree
1 fresh chilli
1 kg roasted pumpkin* (or raw)
2 kaffir lime leaves (double)
1 stalk lemongrass -optional-
1 litre of hot water (from the kettle), enough to cover
vegies
1-2 tspns salt
5 stalks of fresh coriander to garnish

method:

Peel and chop onion roughly. Heat oil in pot, then add onions, stirring for about 5 minutes.

Slice the turmeric, chilli, ginger and garlic then pound to a rough paste in the mortar along with a pinch of salt. Stir into the onion mix.

Add the coriander and cumin, fry about 2 mins, then stir in pumpkin, chilli and tomato.

Tip in water, enough to just cover pumpkin.

Make some small tears in the lime leaves, add to pot.

Add roughly bashed lemongrass if using.

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Put lid on, bring to boil, then simmer 15-20 mins (maybe longer if pumpkin is raw).

Remove the lime leaves and lemongrass, and CAREFULLY use the bamix to puree until smooth. Add salt to taste.

Check the consistency; see if you need to add more water.

Serve into bowls, wash & dry coriander, chop and sprinkle over soup.

*Turn oven on to 180oC, fan-forced.

Weigh 1 kg pumpkin. Chop flesh into chunks. LEAVE SKIN ON.

Put on baking trays and drizzle with a little olive oil.

Cook in oven until soft and slightly caramelised. (30 mins)