

thai style pumpkin soup

Equipment:

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

Ingredients:

2 tblspns oil
1 onion
3 cloves garlic
1 piece turmeric, 3-4 cms long
1 knob ginger, 20-30 gms
1 piece galangal, 2-3 cm (5-10 gms)
1 tspn coriander powder
1 tspn cumin powder
1/2 cup tomato puree
1/4 tspn chilli flakes
1 kg pumpkin, peeled and chopped- (roasted if desired)
2 kaffir lime leaves
1/2 stick lemongrass
1+ 1/2 litres of warm water, enough to cover vegies
1/2 tin coconut milk
1-3 tspns salt
fresh coriander to garnish

method:

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

Slice the turmeric, ginger and galangal, then pound in the mortar along with the garlic and 1 tspn salt.

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

Tip in water.

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

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Slice the ends off the lemongrass, and peel the outer layer off. Cut into 3-4 pieces and give a bash with the pestle, enough to release the aroma. Put into pot, bring to boil, then simmer 15-20 mins, until pumpkin is tender. Remove the lemongrass and lime leaves, and CAREFULLY use the bamix to make smooth. Add the coconut milk, and salt to taste.

Wash & dry coriander, chop and sprinkle over soup in serving bowls.