

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 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.

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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 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.

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

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