

MADAME CHOLET'S COCONUT PUMPKIN SOUP

A creamy, fragrant Halloween soup with an uplifting flicker of ginger!

SERVES 4

Prep time: 30 minutes

Cook time: 35 minutes

Ready time: 65 minutes

INGREDIENTS

1 medium pumpkin (approx. 1 kg pumpkin flesh)

6-8 spring onions

3 tablespoons vegetable oil

6-8 cm piece root ginger

1-2 green chillies (optional)

500 ml vegetable stock

1 tin (400 ml) coconut milk

salt

pepper

METHOD

1. Cut the lid off the pumpkin, remove the seeds and pulp, then scrape out the pumpkin flesh. Chop this into medium chunks. (Set aside the seeds if you fancy roasting them another time.)
2. Chop the chillies (if using), spring onions and ginger and fry them for a few minutes in a large saucepan in the oil. Add the pumpkin and fry for a further 10 minutes.
3. Add the vegetable stock and coconut milk, cover and simmer for 20 minutes or until the pumpkin is soft.
4. Season with salt and pepper then mix in a blender or food processor until smooth and creamy.

ADDITIONAL NOTES

An advantage of this recipe is that it can double up as a Thai curry style sauce – just throw in tin of black-eyed beans or chickpeas and some broccoli florets and you'll have a delicious main meal to serve up with rice.

