



Pumpkin Soup



DIFFICULTY: EASY



PREPARATION TIME: 15
MINUTES



COOKING TIME: 40 MINUTES



SERVES: 6-8

Ingredients

2 kg butternut pumpkin, peeled, seeded and cut into 2 cm squares
1 onion, roughly chopped
5 cloves garlic, roughly chopped
50 ml olive oil
Salt and pepper
1 bunch basil
80ml olive oil, extra
500 ml cream
500 ml water

Pumpkin soup freezes well, make a double recipe.

Method

Combine the pumpkin, onion, garlic and olive oil in a large bowl. Season with salt and pepper. Toss to combine.

Line the enamel universal tray with baking paper and arrange vegetables evenly on the tray. Put the tray onto shelf level 3. Select CircoRoast® and cook at 180°C for 30 minutes, turning vegetables after 15 minutes.

While the pumpkin is roasting remove the basil leaves from the stems. Discard the stems. Keep half of the leaves aside to be added to the soup later. Place the remaining leaves in the bowl of a food processor with the extra olive oil and process until smooth. Set aside.

Put the roast vegetables into a large saucepan. Add the cream and water to the saucepan and place on an Induction or Step Flame cooktop. Set the level to 7 on Induction or 8 on Step Flame. Bring to the boil. When the soup is boiling add the basil leaves, remove from the heat and using a hand-held blender, puree the soup until smooth.

Season to taste and serve drizzled with basil oil.

Notes

Oven temperatures are for conventional; if using fan-forced (convection), reduce the temperature by 20°C. | We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. | All herbs are fresh (unless specified) and cups are lightly packed. | All vegetables are medium size and peeled, unless specified. | All eggs are 55–60 g, unless specified.