



Name of the recipe: Kiwi pumpkin soup

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Make sure you have everything you need and place them on your kitchen counter. This is called “mise en place” (in French) to make sure all the ingredients are available at home and you are not disappointed later if you are half way and you are lacking something. Enjoy!

Ingredients:

1. 1 kg peeled & diced yellow pumpkin (you may substitute for zucchini in which case make sure you reduce the amount of water).
2. ½ red or white onion, whichever you have or prefer.
3. 1 crushed garlic clove (you may use ½ tsp garlic powder instead).
4. ½ tsp curry (you can eliminate this if you don't like spicy food or substitute for a little powdered ginger if you like).
5. 1 cup chicken stock (you may use vegetable or beef stock too).
6. 1 heap-tbsp butter (if you prefer, increase the olive oil to double the amount instead of the butter).
7. 1 tbsp olive oil.
8. Salt and pepper.
9. Hot water.

Optional:

Add ¼ capsicum together with the onion, coarsely chopped.

Preparation:

In a large pot:

1. Melt the butter, add the garlic, sautee the onion and let them soften at low temperature with the lid on to prevent them from drying. Add the curry and stir often. If needed, add a little boiling water.
2. Add the pumpkin and fold in the rest of the ingredients, then the stock, the salt and pepper and cook at low temp until the pumpkin is soft.
3. Let cool, and pour into the liquidizer or food processor, add boiling water until you obtain the consistency you like best.
4. Check the salt.
5. Warm up to serve and add a piece of bread (garlic bread even better) by the side.

Ideal as an evening snack on Winter days!!!