

pumpkin soup

image pending

ingredients:

4 cups of water
1 chicken stock tablet
1 kg kent pumpkin - peeled, seeded and cubed
8 - 10 garlic cloves
½ tsp dried basil
or ½ bunch of fresh basil chopped
salt to taste
cracked black pepper

thickened cream/sour cream

step one: Add water, stock table, garlic, salt and pumpkin to a large saucepan and bring to the boil. Allow to boil uncovered for 20 minutes.

step two: Test pumpkin with fork to see if cooked. If the pumpkin is not cooked after 20 minutes, reduce heat and allow to simmer until the pumpkin falls apart when pierced with a fork.

step three: Remove from heat and allow to cool slightly.

step four: Blend the pumpkin until smooth by mashing or whisking or alternatively you could use a stick blender.

step five: Before serving, add the basil and reheat to infuse the flavour.

helpful hints:

- You can use any pumpkin you like, but I find the Kent variety the best.
- Optionally stir through ½ cup sour cream before serving.
- I like to enjoy this with home made garlic bread or fresh crusty bread.

Enjoy!