



Recipe

Pumpkin and Ginger Soup

Serves 4

Ingredients

- 700g (1 1/2 lb) pumpkin flesh (approx. 1 x small / medium pumpkin)
- 1 large onion, finely chopped
- 1 clove garlic, crushed
- 2cm (1 inch) piece of ginger, peeled and finely chopped
- 900ml (1 1/2 pints) vegetable stock
- Black pepper to taste

Method

1. Cut the pumpkin flesh into cubes, discarding any seeds.
2. Put the pumpkin, onion, garlic, ginger and vegetable stock into a large saucepan.
3. Cover and bring to the boil. Reduce the heat and simmer gently for about 20 minutes until the vegetables are tender.

If you like it chunky: Season with black pepper, and serve.

If you would like it smoother: Put half the soup into a blender or food processor, and whiz to a puree. Return to the saucepan and mix with the remaining chunky soup and re-heat gently, seasoning with black pepper.