

Thai Pumpkin Soup

Type: Starter

Serves: 30 **Recipe source:** adapted from Taste.com

Fresh from the garden: Pumpkin, onions

<p>EQUIPMENT:</p> <p>Knives Chopping board Spoon measures Measuring jug Wooden or silicone spatula Large Saucepan</p> <p>TO SERVE:</p> <p>3 red ceramic bowls 3 soup ladles Small red bowls and small white bowls for table to eat out of</p>	<p>INGREDIENTS:</p> <p>1kg pumpkin 3 large onions, chopped 1 clove garlic 4 cups hot water 4 teaspoons vegetable/chicken stock powder 1 $\frac{3}{4}$ cup coconut milk Black pepper Pinch of salt Chopped parsley or coriander Olive oil</p>
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What to do:

1. Peel and chop onions.
2. Add a small amount of oil to a large pot over medium heat.
3. Add onions, garlic and pumpkin cubes.
4. Cook until onions are soft and pumpkin is starting to go soft (about 10-15 minutes).
5. Add water and stock powder and cook over low heat until all vegetables are soft – approx 20 minutes.
6. Stir in coconut milk and cook 2-3 minutes
7. Add pepper and salt to taste.
8. Cool soup slightly and then with a stick blender puree until smooth.
9. To serve put into 3 red serving bowls. Chop parsley or coriander to use as garnish.