

SUPER SIMPLE PUMPKIN SOUP



Pumpkin Soup

When the days get chilly like they are in Auckland at the moment you really can't beat an easy and delicious pumpkin soup. This one's inspired by the recipe for Pumpkin & Coconut Soup in the fantastic *What The Fat?* book by Caryn Zinn Dietitian, Prof Grant Schofield and Chef Craig Rodger. This dish is great on cold windy days like today in Auckland. But its equally yum on a warmer day.

I highly recommend the *WTF?* book - it's not just a cookbook but a really thorough resource on low carb, healthy fat way of eating (a.k.a. "eating real food"). You can order it from us - just email me at claire@domskitchen.co.nz to let me know and I'll send you the details.

Super Simple Pumpkin Soup



Prep time

45 mins

Cook time

10 mins

Total time

55 mins

Author: Dom's Kitchen

Recipe type: Soup

Type of food: Paleo

Serves: 6-8

What you need:

- 2 onions, diced
- 1 tablespoon coconut oil
- 1 large pumpkin, baked and chopped (or butternut squash)
- 2 garlic cloves
- 1 can coconut cream or milk (we used Ayam cream)
- 4 cups water (plus one extra cup so 5 total if you use a thick coconut cream)
- Salt & Pepper
- Sprinkle coconut threads
- (Optionally - 1 lime leaf, 1 lemongrass and 1 chilli, chopped - we did not use.)

What to do...

1. Put a whole pumpkin (skin on) in oven and bake until tender - depends size but aprox 40 minutes at 180 degrees celsius usually does the trick - then allow to cool on bench.
2. Saute the onion in the oil for aprox 5 minutes, stirring.
3. Add garlic and cook another couple of minutes.
4. Remove skin from pumpkin.
5. Add all ingredients (except salt & pepper & garnish) to a food processor and blend until smooth. (If pumpkin still hot just be careful not to create heat vacuum in blender but should be ok with the added cold ingredients.)
6. Season with salt & pepper to taste and garnish with coconut threads and/or cream.

