

# Pumpkin Soup

From our garden: garlic chives

## NOTES TO STUDENTS and VOLUNTEERS:

1. Please set up your workstation first (compost bucket, tea towel, hand towel, green cloth, dish washing cloth)
2. Read the recipe, then collect equipment, then ingredients.
3. Please **double** this recipe for today.
4. A volunteer or teacher is to supervise the use of the Stick blender.

## Equipment

**Chopping board**  
**Large knife**  
Peeler  
Wooden spoon  
Kitchen Scales  
**Measuring spoons**  
Measuring jug  
Scissors  
Large Stock Pot with lid  
Stick blender  
Soup Ladle

## Ingredients

1 tablespoon olive oil  
1 large brown onion, chopped  
1 garlic cloves, crushed  
1kg butternut pumpkin, peeled, chopped  
500g carrots, peeled, chopped  
¼ teaspoon ground nutmeg  
1 litre vegetable stock  
Salt and freshly ground pepper to taste  
30mls (1/8 cup) thickened cream  
1 tablespoon finely chopped fresh garlic chives

## What to do: (Method)

- Prepare all the ingredients first as listed above.
- Heat oil in a large stock pot over medium-high heat.
- Add onions and garlic. Cook, stirring for 3 minutes or until onion has softened.
- Add pumpkin, carrots and nutmeg. Cook, stirring for 5 minutes.
- Add stock. Season with salt and freshly ground black pepper.
- Cover with a lid. Bring the soup to the boil.
- Reduce heat to medium-low.
- Simmer for 15 to 20 minutes or until carrot is tender.
- Set aside for 5 minutes to cool slightly.
- Using a stick blender, blend until smooth.
- Add cream and chives, stir to combine.
- Serve in mugs using the soup ladle.