

PUMPKIN SOUP

Equipment:

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover.

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Fine mesh strainer

Ingredients

4 cups cubed pumpkin or squash 1 L

4 cups chicken broth, divided into 2 portions, 1 cup and 3 cups 1 L

1/2 cup chopped peeled potato 125 ml

1 leek, sliced and washed 1

1 small onion, minced 1

2 tbsp chopped parsley 25ml

1 tsp salt 5 ml

1/2 tsp nutmeg 2ml

1 cup milk, optional 250 ml

Fresh Sage

Procedure:

Combine all ingredients and 1 cup (250 ml) broth in a 2-quart (2 L) casserole.

Cover and cook at **P7** 10 - 15 minutes, or until potatoes are soft.

Purée the mixture in batches.

Return to the bowl and add the remaining chicken broth

Heat at **P7** 10 - 12 minutes, or until hot. Add milk if desired.

Garnish with sage.

Makes: 8 cups (2 L)

Chefs Tip:

Buy small pumpkins with nice long stems and cut off the tops like you would a Jack-o-Lantern

Hollow them out removing all of the seeds and some of the flesh (use the flesh above)

Place the pumpkins (not the tops) on a sheet pan and warm them in a 250 degree oven for 15 minutes OR

Warm them 4 at a time in the Microwave Oven for 2 minutes per pumpkin.

Serve the soup IN the pumpkins with the cool tops off center on the top.