

GF Friendly

Pumpkin Soup

a creamy soup from the Halloween pumpkin

Although Halloween originated in Britain in the dark ages, today's version of the tradition is now celebrated in many countries throughout the globe. Kids love it and adults can relive their own childhood, entering into the spirit of things by making costumes and accompanying the youngsters on their trick-or-treat missions. Then, of course, there is the jack-o'-lantern to prepare. It looks great with the candle inside, but what used to reside within that tough exterior is often dumped in the trash. Here's a way to get the best of both worlds by using the pulp to make a delicious, creamy soup.

1 Kg pumpkin pulp
1 large onion
2 sticks celery
2 Tbsps chicken stock powder (or 2 cubes)
2 large carrots
500ml milk
1½ - 2 litres water



Peel the onion and chop finely. Cut the celery into small pieces (1cm or less), then put both of these into a large pan or stew pot with about a litre of water. Stir in the stock powder and leave to heat on the stove top. Meanwhile, peel the carrots and cut them and the pumpkin (after removing the seeds) into pieces the same size as the celery. Once prepared, add them to the pan, plus sufficient water to cover, with a bit extra – let's say 2.5cm (1 inch) over the top and bring to the boil.

After the soup mix has come to the boil, turn down to a fast simmer, cover and continue heating for 45 minutes. **(TIP: stand a wooden spoon on one side, keeping the lid slightly open to avoid it boiling over)** Stir occasionally and top up with more water if necessary.

When cooked, remove the pan from the heat and stir in the **cold** milk. Allow to cool a little more before liquidising in a blender. Do this in small batches to avoid overflowing the jug, transferring each batch to a large bowl. Stir well, then return to the pan to reheat for serving – turn off **just as it starts to boil** – no longer or it will go grainy and will probably end up all over the stove top!



If you don't have a blender, drain off the liquid to a separate container, mash the vegetables as you would potatoes, then return the liquid to the pan and stir well.

Freezes well. Best in smaller containers for use as lunchtime soups.

Eat well and have a Happy Halloween

A Season of Happiness - helping you towards a better lifestyle



For a look at some more informative articles on a variety of subjects just return to the web page

Copyright © 2015 All Rights Reserved