

ROASTED PUMPKIN COCONUT CURRY SOUP

Serves 8-10

Preheat oven 350°F

1 shallot, diced

1 tablespoon butter

2 garlic cloves, minced

½ tablespoon fresh ginger, minced

2 teaspoons medium curry powder

½ teaspoon coriander

½ teaspoon cumin

¼ teaspoon cloves

1 medium-sized (2-pound) pie pumpkin, cut in half with seeds and pulp removed

900 ml chicken stock *use a vegetable stock for a vegetarian soup*

398 ml coconut milk [20% fat]

Cayenne pepper, to taste

Sea salt, to taste

Greek yoghurt, for garnish

Pomegranate seeds, for garnish

THE STEPS:

Place pumpkin halves flesh-side down on a parchment-lined baking sheet.

Roast for 45 minutes or until flesh is tender when pricked with a fork.

Remove from oven to a cooling rack for 10 minutes.

Scoop pumpkin flesh from the skins - set aside for later.

Heat a large soup pot over medium-high heat, and melt butter.

Add chopped shallots and saute until translucent.

Add garlic and ginger, stir, and cook for 1-2 minutes, until garlic becomes fragrant.

Add curry powder, coriander, cumin, and cloves, and stir until spices become toasted and fragrant, about 1 minute.

Add stock, coconut milk and bring to a boil.

Add roasted pumpkin,

Using an immersion blender, blend the soup until smooth. *I used my food processor and worked in small batches. It works perfectly but an immersion blender is much easier.*

Heat soup thoroughly.

Serve soup with a dollop of Greek yogurt, and a sprinkle of pomegranate seeds.

THE LOVE: