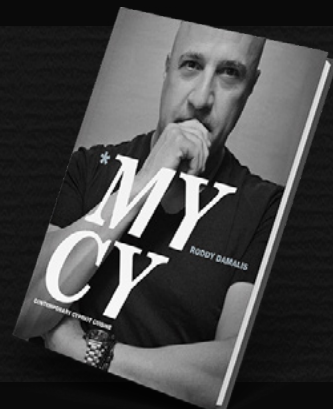




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Curried Pumpkin, Ginger & Orange Soup

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Preparation
60'



Cooking Time
60'



Serves
2.5L



Suitable for
Vegetarian

Ingredients

- 2 kg orange pumpkin (peeled & cubed)
- 2 medium white onions (peeled & sliced)
- 2 sweet red apples (cored, peeled & sliced)
- 2 juice & rind of 2 oranges
- 2 tbsp grated ginger
- 2 organic vegetable stock cubes
- ¼ cup olive oil
- 2 litres water
- 100 g butter
- ½ tsp ground coriander
- ½ tsp cinnamon powder
- ¼ tsp nutmeg powder
- ½ tsp turmeric
- 1 tsp curry powder
- 1 tbsp brown sugar
- 100 ml fresh cream (for garnish)
- Salt & fine black pepper

Execution

Brown pumpkin, spices & onion in olive oil. When browned & aromatic add all remaining ingredients except of cream. Reduce heat & allow to simmer for about 40' or until pumpkin is very soft. Remove from heat, puree in blender (in small batches so that it doesn't splash out of the blender). Serve in individual bowls & garnish with fresh cream (swirl into each bowl before serving).

Notes:

Delicious served hot or cold. This soup freezes very well so double up. By adding less water, you'll have a thicker product that can be used as pasta topping. Just add lots of fresh cream & toasted pine nuts when serving.