

CREAM OF PUMPKIN SOUP

WHAT YOU'LL NEED

Ingredients

- 700g fresh pumpkin (skinless), diced
- 1 ½ pt chicken or vegetable stock
- 1 ½ tsp sugar
- 1 ½ tsp cornflour
- 2 tbsp water
- 225ml double cream
- 60g unsalted butter
- Salt and pepper to taste
- Grated nutmeg to taste

Equipment

- Jug/hand blender

WHAT TO DO

1. In a large pan over a medium heat, cover the pumpkin with the chicken stock and sugar, bringing to the boil for 20 minutes.
2. When the pumpkin is cooked, blend with a jug or hand blender and strain back into the cleaned pan.
3. Dissolve the cornflour in the water and bring the soup back to the boil. Cook rapidly for 1 minute to cook the corn flour, then add the cream and bring back to the boil
4. Season your soup with salt, pepper and nutmeg to taste.
5. Using a hand or a jug blender, add the butter to the soup till it is thoroughly incorporated. The soup should have a velvety and foamy consistency. Serve immediately.

Chef's Tip: In step 2, test the pumpkin to see if it's cooked by inserting a knife. If you meet little resistance, your pumpkin is ready!



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