

# PUMPKIN SOUP WITH CROUTONS



## WHAT YOU NEED:

### INGREDIENTS (MAKES 8 CUPS)

#### Soup

- 3 kilograms pumpkin
- 4 onions
- 4 potatoes
- 4 carrot
- 3 litres chicken stock
- 1 tsp nutmeg
- Salt, pepper

#### Croutons

- 1/2 cup roasted garlic oil
- 3 tablespoons grated parmesan cheese
- 1 teaspoon thyme (chopped)
- 1/2 loaf day old bread

### UTENSILS

- Chopping board
- Cook's knife
- Measuring cups
- Measuring spoons
- Colander
- Food processor
- Soup bowls and spoons

## WHAT YOU DO:

### METHOD

1. Collect ingredients and utensils.
2. Peel pumpkins, onions and carrots. Cut into pieces.
3. Put all vegetables in a large saucepan and add chicken stock, nutmeg, salt and pepper.
4. Bring to the boil. Reduce heat and simmer until pumpkin is tender.
5. Puree in the blender, food processor or rub through a sieve.
6. Drizzle with cream and serve with croutons.

**To make the croutons** - Mix oil, parmesan cheese and thyme in a large bowl. Cut the crust from the bread and cut into 1 cm cubes. Place the cubed bread into the bowl and mix with your hands. Place the bread on a baking sheet and bake in a preheated 180°C oven until lightly golden brown, about 10 minutes. Drain on paper towel.