

Honey Roasted Pumpkin Soup

It's hard to go past a good pumpkin soup!! Roasted wedges of pumpkin that have been drizzled with olive oil and a little honey, and baked until caramelised, makes for a richer, sweeter soup. No need to peel, just chop into wedges and bake!!



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Australians love their pumpkin soup!! By far, one of the most popular soups, it heralds the coming of winter with its reappearance on cafe menu boards. It is also ridiculously easy to make. You essentially combine cooked pumpkin with some stock.

What I love about pumpkin soup is what you can add to lift it from simple to amazing.

And it doesn't have to be hard!! Just keep a few simple

things in mind.



⊖ Make sure your pumpkin is cooked well. Undercooked pumpkin will taste grainy and unpleasant – no matter how hard you try to blend it.

⊖ If you use a standing blender as opposed to a hand held blender, let the pumpkin cool off a little (or you may end up with some of it on the ceiling).

⊖ Choose the type of pumpkin that **you** love. I sometimes use Butternut and other times Jap/Kent pumpkin which has a grey green mottled skin (see photo).



Baking the pumpkin, rather than boiling it reduces the water content and makes for a more intense flavour. It really is as easy as throwing the pumpkin, onion and garlic onto a tray,

drizzle with honey and olive oil and bake until tender. Can you see some of the caramelisation?



For most of my smooth vegetable soups, I prefer to add a dollop of Greek Yoghurt (have a look at my [Cauliflower Soup](#)). This time I've sprinkled parsley, a few drops of olive oil, pepper, pumpkin seeds, sunflower kernels (only because I had them in the pantry).

I don't normally add these extra garnishes for the family, but it does make for a nice photo!!

Danielle

Preparation Time: 5 mins
4

Cooking Time: 30 mins

Serves:

Ingredients

- 1.5 kg / 3.5 lbs pumpkin (Note 1)
- 2 tbsp olive oil
- 1 tbsp honey
- 1/2 medium onion
- 2 garlic cloves (Note 2)
- 4 1/2 cups chicken stock (Note 3)
- salt to taste
- Optional: a drizzle of olive oil, parsley, pepper, pumpkin seeds and sunflower kernels

Instructions

1. Preheat the oven to 200 C / 400 F
2. Cut the pumpkin into wedges.
3. Place the olive oil and honey in a small bowl. Heat them up in the microwave for 10 – 15 seconds. Stir.
4. Grease a baking tray with a little olive oil. Place the pumpkin, halved onion and garlic cloves on the tray. Coat all the ingredients with the warmed olive oil and honey mixture.
5. Place in the oven and bake until tender (Note 4).
6. Allow the pumpkin to cool a little. Scoop or scrape the flesh away from its skin. Squeeze out the garlic from its skin. Place the pumpkin, garlic, onion and stock in a blender and blend until smooth. Alternatively, place the ingredients in a deep bowl and use a handheld/stick blender instead. Add salt to taste. Reheat before serving.
7. Ladle or pour the soup into bowls. Sprinkle with parsley, pepper, pumpkin seeds and sunflower kernels. Or serve it up as is (it really doesn't need the extras).

Notes

1. For this recipe, I used Kent/Jap pumpkin for its deep

yellow flesh and strong flavour.

2. The garlic cloves are baked in their skin. The skin is removed just before blending.
3. The amount of liquid I suggest makes quite a thick pumpkin soup. Add more liquid until you have a consistency you prefer. You can even throw in a small knob of butter!!
4. The thickness of the wedges will determine how long they need to be in the oven. Allow between 30 – 45 mins. Just make sure they are very soft before you remove them from the oven.