



- Thinly slice the onion and fry it +/- 5 min. in a pot over low heat with the butter.
- Carefully wash the pumpkin, cut it into pieces of 1.5 to 2 inch. without peeling it. Add them to the casserole with salt and chicken broth. Cover and simmer over medium heat for 25 minutes.
- Check that the pumpkin is cooked using the tip of a knife. Add the cream, pepper and stir.
- Season to taste.
- You can serve this soup with:

Small golden croutons:

Cut the half baguette into cubes of .5 inch. Heat a frying pan over medium-high heat with 2 tablespoons of olive oil, a peeled clove of garlic cut in 4. Stir-fry the croutons for 5 minutes until golden brown. Remove the garlic and serve the croutons in a separate bowl.

OR haddock :

In a saucepan, boil the milk and poach the haddock for 5 minutes. Drain. Once cooled, crumble it coarsely. Serve the haddock crumbs in a separate bowl.

OR caramelized squash seeds, orange zest and coriander:

Preheat the oven to 340° F. In a bowl, mix the pumpkin seeds, maple syrup, salt and chili pepper. Spread on a baking tray covered with parchment paper. Bake at 340° F for 15 minutes. Let it cool, then remove the pumpkin seeds (you can also cut them coarsely with a knife) and set aside in a bowl. Remove the coriander. Serve the soup with 1 tbsp of caramelized squash seeds, a pinch of orange zest and a few coriander leaves.

OR dice of foie gras :

Cut the foie gras into dice of .5 inch and place them evenly on top of the soup plates/bowls.

Easy enough
Prep Time: 15 min.
Cook Time: 25 min.
Expensive
Gluten free
Veggie

Ingredients for 6 people:

You will need an electric blender (but a manual one will do).

+/- 2 to 3 lbs. pumpkin
1 onion
2 tbsp heavy cream
3 cups chicken broth
.7 oz. butter
Salt and "fleur de sel"
Pepper from the grinder

You can serve this creamy soup plain or accompanied with your choice of:

*** Small golden croutons with olive oil:**

1/2 baguette
2 tbsp olive oil
1 clove of garlic

*** Haddock:**

2 cups of milk
5 oz. smoked haddock

*** Caramelized pumpkin seeds, orange peel and coriander:**

3 oz. of pumpkin seeds
2 tbsp maple syrup
1/4 teaspoon salt
1/4 teaspoon chili pepper
1 tsp orange zest
1 dozen sprigs coriander





If you don't make your own broth (which is my case most of the time ;-)), choose a quality brand.

*** Dice of foie gras:**

3.5 oz. of foie gras
(quality matters!)

Variations:

For a gluten-free version, choose bread that does not contain gluten.

For vegetarians, replace the chicken broth with vegetable broth.

For a lighter version, don't use fresh cream or add a single tablespoon.

You can replace the pumpkin or squash with parsnips, Jerusalem artichokes or a mix of both.