Pumpkin Soup
with Honey Herb Croutons

Serves: 6 - 8 or 24 tastes

From the Garden: Pumpkin, onions, herbs

Notes for volunteers:
- Focus skill: Knife skills – peeling and cutting pumpkin, using a stab blender

Ingredients

Soup
- 2 kg pumpkin, peeled and chopped
- 2 onions, chopped
- 2 tbsp olive oil
- 1 litre vegetable stock
- 1 litre water
- salt
- pepper
- 250 ml lite sour cream

Croutons
- 1 loaf stale bread, not pre-sliced
- 2 tbsp honey
- 2 tbsp olive oil
- 2 tbsp fresh herbs of your choice, finely chopped

Method

1. Heat the oil in a large boiler or stockpot.
2. Add the onion and stir whilst it softens.
3. Add the chopped pumpkin, stock and water. Bring to the boil then reduce the heat and simmer until the pumpkin is tender, approximately 20 minutes.
4. Add salt and pepper to taste then allow to cool for 10-20 minutes.
5. Whilst the soup is cooking, use a bread knife to cut the loaf of bread into 2-3 cm cubes. Lay them out on baking trays.
6. Preheat the oven to 220°C.
7. Warm the honey and oil in a saucepan then pour the mixture carefully over the bread cubes. Mix through then sprinkle with the chopped herbs.
8. Bake in the oven for 10-15 min until golden brown.
9. Use a stab blender to puree the soup until it is smooth.
10. Stir through the sour cream.
11. Serve the soup with the croutons sprinkled on top.

Variations:
- Add 1 tsp of curry powder or 2 tsp of curry paste to the onions as they cook and replace the sour cream with coconut cream for a spicy pumpkin soup.
- Add herbs and garlic to the soup whilst it simmers.