

Pumpkin Soup



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This recipe is available for:

- Convotherm mini

Accessories:

1/1 GN Granite enamelled tray, 40 mm deep, 3004034

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- Chilled 4°C
- 1 Full Tray
- From Scratch

Stage 1
165 °C

Combi-steam

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Ingredients

1 pcs	Hokkaido pumpkin
2 pcs	Shallots
2 pcs	Cloves of garlic
0,5 pcs	Bulb ginger
1 l	Vegetable stock
200 ml	Cream
250 ml	Coconut milk
2 pcs	Potatoes
2 pcs	Carrots
5 tbs	Sweet chili sauce
1 tbs	Honey
1 tbs	Salt
1 tbs	Pepper
1 tbs	Olive oil
1 tbs	Curry powder

1. Food Preparation

Wash the pumpkin, remove the seeds and cut into small pieces. Peel the shallots, garlic, carrots, potatoes and the ginger and cut into rough pieces. Combine this with the sweet chili sauce and the honey and cook on Granite-enamelled tray (40 mm) 165°C for 30 minutes in combi steam. Then transfer into a pot and blend well with the vegetable broth, cream and the coconut milk and spread through a fine colander. Season the soup with salt, pepper and curry powder until taste is smooth.

2. Cooking Instruction

Any type of vegetable you roast before in the oven, will give you a more intense flavor later in the soup.

3. Food Serving Instruction

Serve it in a soup plate and add some drops of pumpkin seed oil on top. Also, you can use fried ginger stripes as garnish.