


French Cuisine


MADE SIMPLE

French Pumpkin Soup

Soupe au potimarron

 4 people

 10 mins prep time

 40 mins total time

 Easy

INGREDIENTS

Pre-Cook

- 8 cups chopped uncooked **red kuri squash** with the skin. If you can't find a kuri pumpkin use a normal **pumpkin**. (6 cups puréed)
- 1 chopped **yellow onion**
- **butter** for the pan
- 1/8 tsp **nutmeg**
- 1/8 tsp **black pepper**
- 2 pinches of **cayenne pepper**
- **salt**
- 1 liter of chicken/vegetable **broth** or simply water

Post-Cook

- 3 tbsp of **butter**
- 3/4 cup of **cream**

Garnish

- **cracked pepper**
- **pumpkin seeds**



DIRECTIONS

1. In a large pot, sauté the onions in butter for 3 minutes.
2. Add the remaining “Pre-cook” ingredients and mix with a spoon.
3. Cover and cook on medium heat for about 25 minutes until the pumpkin is completely cooked.
4. Add the “Post-cook” ingredients to the pot.
5. Using an immersion blender, or transfer the pot ingredients to a blender, blend the soup together until the desired consistency is achieved. For a thicker soup, simply add a little more water and blend again.
6. Re-season as necessary.
7. Serve in warm bowls top with cracked pepper and pumpkin seeds, along with a side salad and a nice red wine.
8. This soup refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 

