



French Cuisine


MADE SIMPLE

French Pumpkin Cream Sauce

Sauce à la crème de potiron

 4 people

 30 mins prep time

 50 mins total time

 Easy

INGREDIENTS

- 1 red kuri squash or one very small pumpkin
- 1 ¼ cups (300 mL) of heavy cream (or vegetable cream)
- 5 tbsp olive oil
- ¼ tbsp of mixed herbs
- salt and pepper to taste
- 2 cups (200 g) freshly grated parmesan cheese
- Garnishing: pumpkin seeds, fresh parmesan cheese, fresh mozzarella cheese



DIRECTIONS

Pumpkin and Pasta Prep

1. Cut the pumpkin in quarters or in 8th, take out the seeds, and place it on a baking tray. Sprinkle with salt and pepper.
2. Pour a half a cup of water on the tray and bake at 350 °F (180 °C) for about 20 minutes or until the pumpkin is fully cooked (when a knife slips in it).
3. While waiting for the pumpkin to bake, cook 500g of your favorite pasta.
4. When the pumpkin is finished cooking, remove the flesh from the pumpkin skin and place it in a bowl or blender. Place it in a bowl if blending the ingredients together by using an immersion mixer, or place the pumpkin in a blender if desiring to blend the ingredients together in this way.

Cream Prep

1. Add to the cooked pumpkin, cream, herbs, oil, and salt and pepper together and blend until smooth.
2. Add two ladles of hot water from the pasta that is cooking and blend again. Add more water, in order to achieve the desired consistency.
3. Once the pasta is finished cooking, drain it and return it to the pot it was cooked in.
4. Add the pumpkin cream mix on top of the pasta.
5. Add the parmesan cheese to the pasta and gently mix all together using a spatula.



6. Serve in bowls and garnish with sprinkles of parmesan cheese, sliced mozzarella and cracked pepper on top.
7. This mix refrigerates well for 5 days or it can be stored in the freezer for up to 3 months.

Bon Appetit!
Emilie Anne 

