



THAI CURRY PUMPKIN SOUP

Season:	Winter
From the garden:	Pumpkin, coriander
Type:	Soup
Difficulty:	Easy
Country of origin:	Thailand/NZ
Serves:	6 serves or 30 tastes
Source:	Andrea Habacht, GTT Kitchen specialist, Oropi school

Equipment

- *chopping board and knife
- *large saucepan
- *can opener
- *pastry brush
- *measuring cups and spoons
- *stick blender
- *baking tray

Ingredients

- *1 large butternut pumpkin
- *1 onion
- *2 cloves garlic
- *1 tbsp thai curry paste (red, penang or massaman)
- *1 kaffir lime leaf (optional)
- *2 veggie stock cubes
- *1 can coconut milk or coconut cream
- *oil for roasting and frying
- *small bunch of coriander

Method

- 1.preheat the oven to 200 degrees
- 2.slice the pumpkin into disks, around 1 cm thick (adult help required)
- 3.cut the skin of the pumpkin
- 4.place the pumpkin in a single layer on the baking tray and brush with oil
- 5.roast the pumpkin for around 30 minutes until tender

- 6.while the pumpkin is roasting, chop the onion and garlic**
- 7.if using the kaffir lime leave, remove the rib from the middle of the leaf, roll up the bits of leaf and shred finely**
- 8.add the onion, garlic, lime leaf and the curry paste to the saucepan with little bit of oil and fry on a medium heat for around 5 minutes**
- 9.open the can of coconut milk and add to the saucepan**
- 10.reduce the heat to low and let the curry mixture simmer till the pumpkin is ready**
- 11.desolve the stock cubes in 2 cups of water**
- 12.add the roasted pumpkin and stock to the saucepan and using the stick blender, blend until smooth. Add more water if the soup is too thick**
- 13.serve with chopped coriander on top and some bread or naan bread on the side**

Skills: *measuring, chopping, blending*