



PUMPKIN AND KUMARA SOUP WITH GREMOLATA

Season: Autumn/winter
From the garden: Pumpkin, kumara, garlic, parsley
Type: lunch, dinner
Difficulty: easy
Country of origin:
Serves: 6 serves or 35 tastes
Source: Brett McGregor/ www.shop.countdown.co.nz
www.thewimpyvegetarian.com

Equipment

- *chopping board
- *knife
- *frying pan
- *wooden spoon
- *measuring cup
- *bowl
- *spoons
- *blender
- *cooking pot

Ingredients

- *3 TBSP olive oil
- *1 onion
- *4 cloves of garlic
- *600g pumpkin (ours is pre-roasted)
- *400g kumara (ours is pre-roasted)
- *2 tsp ground cumin
- *1 tsp ground coriander
- *4 cups of stock or 4 stock cubes and 4 cups of water
- *1 tsp salt
- *ground black pepper

Gremolata

Equipment

- *Frying pan

Ingredients

- *2 tsp olive oil

*wooden spoon	*2 cloves garlic, minced
*chopping board	*1 cup of breadcrumbs or 5 slices of stale bread
*knife	*1 tsp lemon zest
*grater	*2 tbsp chopped parsley
*bowl	*pinch of salt and pepper
*spoon	*pumpkin seeds (optional)
*food processor	

Method

- 1. for the soup: chop onions and garlic**
- 2. peel pumpkin and kumara and chop into pieces**
- 3. fry onion and garlic in olive oil for a minute and then add pumpkin and kumara. mix**
- 4. add spices, salt and pepper**
- 5. dissolve stock cubes (if using) in 4 cups of warm water**
- 6. transfer pumpkin and kumara and the stock to a blender and blitz. add more water if too thick. check for seasoning.**
- 7. for the gremolata: if using slices of bread, blitz them in a food processor till you got breadcrumbs**
- 8. mince garlic and fry in the olive oil for 30 seconds**
- 9. add bread crumbs, salt, pepper, parsley, lemon zest and pumpkin seeds to the pan and fry till breadcrumbs are golden brown.**
- 10. heat soup in a pot, and serve with a spoon full of gremolata on top.**

Notes: *pumpkin/kumara can be pre-roasted or boiled in the stock till soft.*

Skills: *slicing, grating, sautéing, measuring*