



RED THAI CURRY PUMPKIN SOUP

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| Season: | Winter |
| From the garden: | Spaghetti squash, lemon grass, coriander |
| Type: | Dinner |
| Difficulty: | Easy |
| Country of origin: | Thailand/NZ |
| Serves: | 30 tastes |
| Source: | Andrea Habacht, GTT kitchen specialist, Oropi School |

Equipment

- *chopping board and knife
- *bowls and spoons
- *large saucepan and wooden spoon
- *baking tray
- *pastry brush
- *blender
- *measuring spoons

Ingredients

- *1,5 kg squash or pumpkin
- *1 onion
- *2 garlic cloves
- *2-3 tbsp red thai curry paste
- *1 can coconut milk/cream
- *3 stock cubes
- *1 tbsp fish sauce
- *1 kaffir lime leave (optional)
- *2 stalks lemongrass
- *small bunch of coriander
- *oil for brushing and frying
- *½ tsp salt

Method

- 1.preheat oven to 200 degrees
- 2.cut the spaghetti squash in half lengthwise and scoop out the seeds

3. brush the cut side with a little oil and place the squash halves cut side down on a baking tray. Poke a few holes in the top with a fork. Bake for around 30 minutes until soft
2. while the squash is cooking, peel and chop the onion and garlic
3. add a little oil into the saucepan and cook the onion and garlic until softened
4. add the curry paste, shredded lime leaf and crushed lemongrass stalks
5. let the paste fry for a few minutes over low heat, then add 3 cups of stock and the coconut milk
6. put the lid on the saucepan and let the soup simmer for around 20 minutes
7. remove the squash from the oven, let it cool and then scoop out the flesh
8. add the squash, coriander, fish sauce and soup (remove the lemongrass first) to the blender (or use a stick blender) and blend until smooth. Do that in batches and don't overfill the blender
9. add more water if the soup is too thick

Note: Any pumpkin or squash can be used. The sweeter varieties work best. If the pumpkin used is a bit bland, add a little sugar before blending

Skills: *Measuring, chopping, scooping, blending*