Pumpkin Soup

Difficulty: Easy

Fresh from the garden: Pumpkin, onion, potato, chives

Equipment:
- Large pot
- Knives
- Measures
- Chopping board
- Peeler
- Hand blender

Ingredients:
- 50 grams butter
- 1 brown onion, diced
- 1 medium potato, peeled and diced
- 1 Kg pumpkin
- 4 cups chicken or vegetable stock
- 1 cup milk
- ½ teaspoon nutmeg
- Pinch of ground cardamom
- Salt and freshly ground pepper
- Cream
- Chives, finely chopped

What to do:

Heat butter in the large pot and fry onion until soft.

Peel and seed the pumpkin and dice. Add both the diced pumpkin and potato to the onion.

Add the nutmeg and cardamom. Cover and cook gently over a medium heat for 5 minutes, stirring occasionally.

Add the stock and bring to the boil. Reduce heat to a steady simmer and cook until pumpkin is tender. Turn off the heat and let cool slightly.

Puree the soup with a handheld blender until smooth.

Stir through the milk. Season with salt and pepper.

Serve in individual bowls and garnish with a small dollop of cream and a sprinkling of finely chopped chives.