



Sugar Apple

Posts From The Caribbean

Pumpkin Soup

There are as many recipes for pumpkin soup as there are cooks in the Caribbean. This recipe is a very basic framework that you can take in many directions. Add some curry powder to accompany an Indian meal. Drizzle with a few sage leaves sauteed in butter and serve in small cups for a savory start to your next Thanksgiving dinner. Last week, I made a big batch and served it the first night with a dollop of creme fraiche, a few drops of hot pepper sauce and an additional sprinkling of freshly grated nutmeg. The next night I served it garnished with crispy fried shallots. You get the idea...it's like the little black dress of soups. Perfect for any occasion.

3 pounds of pumpkin, seeded, peeled and cut into chunks
1 medium onion, peeled and diced
2 tablespoons of butter
5 cups of light chicken stock or water, plus more if needed
bouquet garni containing a few sprigs of thyme, parsley and a bay leaf
1 cup of milk
salt and pepper to taste
freshly grated nutmeg to taste
3 tablespoons of heavy cream, optional

Heat the butter over medium heat and add the onions and pumpkin. Cook for about 5 minutes until the onions are soft, but don't let them brown. Add the stock or water and add the bouquet garni. Bring to a gentle boil, then reduce the heat to a simmer and cook for 45 minutes to an hour, until the pumpkin and onions are soft.

Puree the soup. You can do this in batches in a blender or use a sieve. I use a handheld immersion blender. Stir in the milk and heat until hot but not boiling. Stir in the cream and salt, pepper, and nutmeg to taste. Thin with additional stock or water if it's too thick. Heat for minute or two and then serve with the garnish of your choice. *This will serve about 8 people.*

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