

Thai Pumpkin Soup



Nothing warms the soul more on a chilly, grizzly day than a steaming hot bowl of soup. Think fresh turmeric in a standard chicken and vegetable soup which supercharges the anti-inflammatory properties of the soup. Adding curry leaves to your cauliflower soup not only adds a sensational kick of flavour, but it also boosts the anti-oxidant content of the dish. Ginger and coriander added to a standard beef broth can add a lovely zesty tang to the soup, as well as aiding digestion. Or adding Thai flavours to plan old pumpkin soup like we have done here.

Serves 4

1 brown onion (diced finely)

500g diced pumpkin (any sort will do)

1 carrot, diced

2 cups of vegetable stock (preferably homemade)

20g butter

Awesome Foursome Thai Flavour Bomb

2 cm cube fresh ginger, peeled

1-2 small red chillies (deseeded if preferred)

2-3 sprigs of fresh coriander (stems and leaves), finely diced

1 stalk of fresh lemongrass (white part only), chopped into chunks

Plus coconut cream to serve

Place the 'awesome foursome' ingredients into a mini food processor and blitz to a fine paste. Melt butter in a large saucepan and cook onions and thai paste for a few minutes until the onions are soft and the paste becomes aromatic.

Add chopped pumpkin and carrot and stir to coat the vegetables with the spice mix, before adding the stock to the pan.

Bring to the boil, and then reduce the heat to low, simmering for around 20 minutes, or until pumpkin is soft.

Allow the soup to cool slightly before pouring into a blender or using a stick blender to puree into a creamy consistency and season to taste. Divide soup into 4 bowls, add a dollop of coconut cream and a few sprigs of coriander and enjoy your new creation.

A side note on stock....

It pays huge nutritional dividends to either make your own stock or for those that are time poor, invest in a really good quality liquid stock rather than using long life stock cubes which are typically laden with salt and preservatives and hold little nutritional value. As the motto goes....fresh is best. Skimp on your stock and you'll skimp on the health benefits you will get out of your soup.