

Oven-Baked Pumpkin and Ginger Soup with Pumpkin Seeds

50–60 Min

Ingredients

= Kotányi Produkte

1 kg	Red kuri pumpkin
2 piece	Onions
2 piece	Garlic cloves
40 g	Pumpkin seeds
0.5 tsp.	Organic Ginger, Ground
1 l	Vegetable stock, clear
0.5 tsp.	Turmeric, Ground
1 pinch	Himalayan Salt
1 pinch	Pepper Black, Whole
	Olive oil

Preparation

1. Preheat the oven to 200 °C (392°F) using the conventional oven setting.
2. Wash the red kuri pumpkin, cut it in half and use a spoon to remove the seeds. Leave the skin on and cut into around 2-cm cubes. Marinate the diced pumpkin with 1–2 tbsp. of olive oil, ginger and turmeric and place on a baking tray with 2 unpeeled cloves of garlic. Bake in the oven for 25 minutes.
3. Toast the pine nuts in a dry non-stick pan until they start to give off a fragrance. Then put to one side.
4. Peel and finely dice the onions. Heat a little olive oil in a large pan, the diced onion and sweat until translucent. Pour in the vegetable stock and bring to the boil.
5. Remove the cooked diced pumpkin from the oven, remembering to keep some back for the garnish. Peel the roasted cloves of garlic and add them to the soup along with the rest of the pumpkin. Use a hand blender to blend the pumpkin soup to a smooth consistency and season to taste with the salt and pepper.
6. Divide the soup into deep plates, garnish with the pumpkin pieces and pumpkin seeds and serve.