

Pumpkin soup with saffron and orange

45–55 Min

Ingredients 6 Portions

= Kotányi Produkte

For the pumpkin soup

4 tblsp	Olive oil
2 pieces	Onions
1 kg	Pumpkin, cored
1 l	Vegetable broth
1 piece	Organic orange
180 g	Crème fraîche
0.5 tsp	Nutmeg, Ground
0.25 tsp	Saffron
5 g	Coriander, Whole
1 tsp	Sea Salt, Coarse
1 pinch	Pepper Black, Whole

Roasted pumpkin seeds

80 g	Pumpkin seeds
2 tblsp	Marple syrup
0.25 tblsp	Chili Extra Hot Granules
0.25 tsp	Sea Salt, Coarse

Preparation

1. Preheat the oven to 170°C (fan oven). Then mix everything for the pumpkin seeds in a small bowl with a quarter teaspoon of salt.
2. Place on a small baking tray covered with baking paper and roast in the oven for 15 minutes, until the seeds start to pop and brown. Then set aside to cool and break any larger lumps into bite-sized pieces.
3. Increase the oven temperature to 220°C (fan oven). Roughly chop the onion and pumpkin. Then put the oil, onion and pumpkin in a large bowl with nutmeg, a teaspoon of salt and a strong pinch of freshly ground pepper. Mix well, then spread on a baking tray covered with baking paper.
4. Roast for 25 minutes until soft and caramelized. Remove from oven and set aside. Pour the broth into a large pot with saffron, orange peel, salt and a strong pinch of freshly ground pepper.
5. Bring to a boil over high heat. As soon as it is bubbling, carefully add the pumpkin, onion and the oil from the tray. Stir, then simmer over medium heat for 5 minutes. Then remove from the heat and stir in the crème fraîche. Puree the soup with the hand blender or in the blender until very smooth.
6. Divide between bowls and sprinkle each portion with roasted pumkin seeds and coriander before serving.