



Halloween? That Means Roasted Pumpkin Soup!

I got the taste for this when the kids were wee. Every Halloween we would make pumpkin lanterns and be left with the insides. Seemed such a waste until I discovered how easy it was to make this pumpkin soup. By roasting first it brings out extra flavour.

- **1.5kg pumpkin**
- **Olive oil**
- **1 teaspoon dried chilli**
- **1 tablespoon coriander seeds**
- **1 large onion**
- **3 cloves garlic**
- **1 carrot**
- **1 stick of celery**
- **1 litre hot vegetable stock**

1. Preheat the oven to 170 degrees.
2. Grind the Chilli and coriander seeds in a pestle with a pinch of salt until finely ground.
3. Skin the pumpkin and remove the seeds (you can keep these for roasting, they are really tasty), then chop into wedges.
4. Place the pumpkin on a large baking tray (probably need 2), drizzle with a little olive oil, then sprinkle on the spice mix with some black pepper.
5. Roast the pumpkin for about an hour until soft and slightly caramelised at the edges.
6. Meanwhile, roughly chop the onion, garlic, carrot and celery. Add to a large saucepan and sauté in a tablespoon of oil for about 15 minutes, until soft.
7. When the pumpkin is ready, add to the pan along with the stock and blend with a stick blender until smooth. If too thick, add a little more stock or water.
8. Simmer for about 5 minutes and you are good to go.

Top with a dollop of cream/crème fraîche/natural yogurt or grated cheese, sprinkle with the roasted pumpkin seeds and enjoy with some crusty bread. All treat, no trick.