

Orange Autumn Soup with Pumpkin Seed Oil Croutons

When just tasting even the first spoonful of this smooth creamy soup complimented but the crisp croutons you are ready to rejoice in all of the bounties of natures harvest.



Prep time
20 min

Cook time
1 hour

Ingredients

1 small medium pumpkin
2 carrots, peeled and chopped
1 potato
½ sweet potato, peeled and chopped
2 liters of water
2 Tbsp veggie bullion
1 Tbsp paprika
½ tsp pepper
½ tsp cinnamon
2 cloves of garlic, crushed
Thumb size piece of ginger, chopped
2 Tbsp oil
½ red onion, diced
1 Tbsp flour

Croutons

1/3 - ½ loaf of old bread, cubed
4 Tbsp pumpkin seed oil
1 Tbsp dried garlic
¼ tsp dried rosemary

Serves 8

Directions

1. Preheat the oven to 200°C/400°F.
2. Cut the pumpkin in half, remove the seeds and lightly oil the fleshy surface.
3. Place flesh side down on a baking pan and bake about 30 minutes until the pumpkin is soft to touch.
4. Put the carrots, potato and sweet potato in a large pot with water and begin to cook on medium heat.
5. Add the bullion, paprika, pepper, cinnamon, garlic and a bit more than half of the ginger.
6. Cook for about 20 minutes.
7. Heat the oil in a small pan on a medium-high fire. Add the onions and sauté for about 4 minutes until very lightly brown. Add the flour, stir well and cook for another minute, this will make the roux.
8. Add the roux to the soup pot and mix well.
9. Remove the pumpkin from the oven and let cool just enough so you can peel off the skin. Leave the oven for the croutons.
10. Add the pumpkin to the soup and cook an additional 10 minutes.
11. Let the soup cool then puree in the blender with the remaining ginger.

Croutons

1. Slowly add the oil to the bread cubes, mixing well between additions ensuring the oil gets even distributed. If you pour in all of the oil at once there is a chance that some of the croutons will be soggy with oil while other will be dry.
2. Once well coated add in the dried garlic and dried rosemary.
3. Bake for about 10 minutes, until golden brown. Keep an eye on them when baking as they can easily burn.

Garnish the soup with pumpkin oil and very thin slices of ginger and serve with croutons.

Autumn is my favorite time of year. The days are cooler and if you are luckily enough to live in a region populated by deciduous trees you are in for a wondrous treat for the eyes. As well, autumn coincides with most big harvest times. So pull your family close, enjoy a homemade meal and thank Mother Earth for all the bounty of your feast.



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