



Pumpkin, Capsicum & Coconut Soup

Season: Autumn

Type: Soups

Difficulty: Easy

Serves: 30 tastes in the classroom
or 6 serves at home

Fresh from the garden: capsicums, chilli, coriander, curry leaves, garlic, ginger, lime leaves, pumpkin

Recipe Source: Yuille Park Consolidated College

Lovely fresh pumpkins are always perfect cooked into a warming autumn soup, and roasted red capsicum with some Asian-inspired lime and coconut makes this dish a velvety delight.

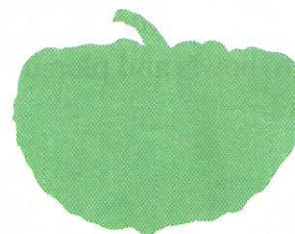
Equipment:

tea towel
chopping board
kitchen knife
large baking tray
metric measuring spoons
and jug
grater
large soup pot and stirrer
4 bowls for serving



Ingredients:

½ a large pumpkin
(a Kent is perfect for this recipe)
2 garlic cloves
1 long red chilli
2 red capsicums
olive oil
salt
pepper
1 onion
2 cm knob ginger
2 teaspoons ground cumin
2 teaspoons ground coriander
½ teaspoon ground cardamom
1–2 kaffir lime leaves
1 sprig curry leaves
400 ml coconut milk
2 L hot water
plain yoghurt
few sprigs of coriander, to garnish



What to do:

- Preheat oven to 200°C. Peel and de-seed the pumpkin and chop into cubes, about 5 cm thick, ready to roast.
- Put the pumpkin cubes, whole cloves of garlic, whole chilli and whole capsicums onto a large baking tray. Pour about 4 tablespoons of olive oil over the top, along with a dash each of salt and pepper, and toss to coat the vegetables. Roast for 30 minutes, or until pumpkin is soft and caramelised and the capsicum and chilli are charred.



Pumpkin, Capsicum & Coconut Soup continued

- Put the capsicum and chilli in a large bowl and cover with plastic wrap for 5–10 minutes – this will help the skins slip off.
- Peel and slice the onion and grate the ginger. When capsicum and chilli are cooled, peel off the charred skins and de-seed.
- Add 2 tablespoons of olive oil to a large pot and heat over a medium to high heat. Add the onions and sauté for 2–3 minutes, until they are just beginning to brown. Add the ginger and stir for 1 minute, then add the dry spices (cumin, coriander and cardamom) and stir for another minute or two, to bring out their full flavour but not to burn!
- Add the roast pumpkin, garlic, capsicum and chilli, along with the kaffir lime leaves, curry leaves and coconut milk and 2 litres of hot water. Bring to the boil, lower the heat to medium and simmer for 15 minutes.
- Remove the lime and curry leaves, and to make sure you don't end up with a too-thin soup, reserve about two cups of the liquid that you can add later, if necessary. Then purée the soup with a stick blender.
- Pour into bowls and plop in some yoghurt and fresh coriander. Serve with flatbread.

