

Oxfordshire Pumpkin Festival Recipes

Spiced Pumpkin Soup by The White Hart, Fyfield's



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Ingredients:

Pumpkin soup:

- 1 large pumpkin (skinned and de-seeded)
- 3 cloves garlic, smashed
- 1 onion, diced
- Thyme
- Ground nutmeg
- Cinnamon stick
- Star anise
- Chilli
- 1 tsp tomato purée
- 75ml vegetable oil

Pumpkin stock:

- Pumpkin skin and seeds, roughly chopped
- 1 clove garlic
- 1 onion
- Bay leaf
- Cinnamon stick
- Star anise
- Water to cover

Garnish:

- Crème fraiche & pumpkin seeds

Steps:

Pumpkin stock: Put all the ingredients into a pan, cover with water. Bring to the boil, turn down and allow to simmer on a low heat for 2 hours. Strain and reserve the stock.

Pumpkin soup: Chop the pumpkin flesh into 2 inch cubes. Place in a large roasting tray with the onion, garlic, thyme, cinnamon, star anise, chilli, nutmeg and tomato purée. Lightly drizzle in vegetable oil and roast at 180°C for approximately 1 hour, until caramelised.

Place the stock and roasted spiced pumpkin in a pan and place on a medium heat. Allow the stock to reduce by one quarter. Remove the star anise and cinnamon pieces and blitz in a food processor. Season with salt as needed.

To serve: Garnish with crème fraiche and roasted pumpkin seeds and enjoy your efforts!