

## **Pumpkin Soup**

1 tbsp Sunflower / Vegetable Oil  
25g / 1oz Butter  
1 Onion  
1 Small Pumpkin 675g/1-2lb (peeled / de-seeded / diced)  
3 Medium Potatoes (peeled / diced)  
1 pint / 600ml Vegetable Stock  
pinch of ground Nutmeg  
1 tsp Tarragon  
1 pint / 600ml milk  
Salt / Pepper

Heat oil and butter in large saucepan.  
Fry sliced onion for a couple of minutes, until soft.

Add diced pumpkin and potatoes. Stir well.  
Sweat for a few minutes, until soft.

Add stock, nutmeg, tarragon, salt and pepper.  
Bring to the boil, then simmer for about 10 minutes.

Add milk. Put into blender / food processor until smooth paste. Check seasoning.

Serve piping hot with some croutons / cream /chopped parsley.

## **Spicy Pumpkin Casserole**

2 tbsp Olive Oil  
2 Medium Onion (large dice)  
2 Potatoes (1" dice)  
2 Parsnips (1" dice)  
500g / 1 lb Pumpkin (peeled / seeded / diced)  
1-2 tbsp Curry Powder (depending on strength)  
1 tsp Cumin Seeds  
375ml / 14 fl oz Vegetable Stock  
Salt / Pepper  
Fresh Coriander - chopped.

Heat oil in large pan. Add onions, cook for 3 - 5 mins until softened.

Add diced vegetables, curry powder, cumin & stock. Bring to the boil then simmer for about 20mins or until the liquid has reduced.

Check seasoning. Serve with fresh chopped coriander.