Pumpkin and ginger soup – a recipe by Hans Haas



Autumn is the season for pumpkins which means there is now a large selection of different varieties to choose from – direct from the region. Pumpkins can be used in a variety of ways – whether fried or pickled, as a filling or purée, in a gratin or a pie, or simply as a steamed vegetable – the possibilities are seemingly endless. We have chosen a classic recipe for you which is perfect as the weather gets colder: pumpkin soup.

Hans Haas means: Hokkaido pumpkin is best suited for this dish. It has a fantastic flavour and is easy to work with as even the skin can be used. The ginger gives this soup its pizzazz.

Ingredients for 4 portions:



2 onions, diced 2 tbsp butter

1 tbsp oil

500 g hokkaido pumpkin (red kuri squash), weighed without seeds, chopped

1 garlic clove, pressed

1 pinch of curry powder

10 g root ginger, chopped

1 tomato, chopped finely

2 l tomato essence (see basic recipe)

Salt

300 ml cream

Lemon juice

20 g pumpkin seeds

Pumpkin oil

Tip: Can be kept in the fridge for a few days. It can also be divided into portions and then frozen. This helps you to then prepare delicious soups quickly.

Preparation (c. 45 minutes):

Sauté the onion in oil and 1 tbsp of butter. Add the pieces of pumpkin and pressed garlic and sauté. Remove a few pieces of pumpkin for the garnish and put them to one side.

Stir in curry powder and ginger to the pumpkin and onion mix, followed by the pieces of tomato, and then pour in the tomato essence. Now season and simmer until the pumpkin is really soft.

Add the cream and bring the soup to the boil. Then add the rest of the butter and purée the soup with the hand blender and pour it all through a sieve. Season to taste with salt and lemon juice.

Without adding any oil or butter to the pan, roast the pumpkin seeds until they give off a light fragrance. Chop the seeds roughly. Divide the pieces of pumpkin between deep bowls. Heat the soup again quickly and then whisk with the hand blender until frothy. Pour the soup over the pumpkin and sprinkle with the chopped pumpkin seeds, then drizzle with pumpkin oil.



Bon appetit!

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