

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!