

ROASTED PUMPKIN SOUP

Gary Parsons, *Group Development Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

ROASTED PUMPKIN SOUP

Chef Gary Parsons

Ingredients

SERVES 5 PORTIONS

Munchkin Pumpkins, all the same size	5 each
HB006 Mellow Yellow Golden Rapeseed Oil	50ml
Butternut, peeled, chopped, seeds removed	1000g
Onions, peeled and sliced	180g
Vegetable Oil	15ml
Garlic, peeled and minced	12g
Ginger, peeled and minced	14g
Coconut Milk	400ml
Vegetable Stock	480ml
Paprika	3g
Turmeric	2g
Coriander	2g
IN165 Cornish Sea Salt	4g
Pepper	1g

Garnish

DY172 Coyo Coconut Yoghurt	350ml
Coconut Shavings, toasted	200g
Curly Parsely, washed and picked	80g
Mixed toasted seeds	40g
HB006 Mellow Yellow Golden Rapeseed Oil	20ml

Method

1. Pre-heat the oven at 180°C.
2. Carefully remove the top of the munchkin pumpkin with a sharp knife to create a lid. Scoop out the seeds, leaving the flesh, and then put the lid back on top. Brush the pumpkins with oil and bake for 30-35 minutes.
3. Leave to cool for 10 minutes. Carefully scoop out all of the cooked flesh and keep this for later. You will need the shells to serve the soup in
4. Heat a large heavy bottomed pan, add the oil, onions, garlic and fry for 5 minutes until softened. Add the ginger and butternut squash, followed by the spices, vegetable stock and the coconut milk.
5. When the butternut is cooked, add the cooked flesh from the munchkin pumpkins to the soup. Blend the soup until a smooth consistency, then season with salt and pepper.
6. Warm the munchkin shells up, pour the hot soup into them and finish with the coconut yoghurt, toasted seeds, coconut shavings and parsley. Drizzle with the golden rapeseed oil.



ROASTED PUMPKIN SOUP
with Toasted Seeds, Coconut and Parsley

Farrington's Mellow Yellow Golden Rapeseed Oil

High in Omega 3 and Vitamin E, this rapeseed oil is crafted with care and contentious farming methods. The Northamptonshire farm is a part of LEAF (Linking Environment and Farming) and they embody sustainable and thoughtful farming methods, having increased soil organic matter by 66% in the last 15 years.

Coyo Coconut Yoghurt

Made from pure coconut milk, its richness is perfectly balanced by the typical tang of unsweetened yogurt. Silky smooth and creamy, it's been described as "heaven in a mouthful".
