

# T R I N I T Y



## Pumpkin Soup with Cobnuts and Sage

**Makes: 6 starter portions**

### Preparation

Pre heat the oven to 200 c

**1:** Cut the pumpkin into wedges and scoop out the seeds and surrounding soft fibres but leave the skin on.

**2:** Place the pumpkin wedges in a large roasting tray with the olive oil, garlic and seasoning. Place this in the pre heated oven for 35 – 40 minutes turning once or twice until the pumpkin has softened, it may brown slightly, this is fine. Remove the pumpkin from the oven and allow to cool.

**3:** Peel and finely slice the onions and place in a large heavy based saucepan with butter and seasoning.

**4:** Roughly chop the sage and retain for later.

### Method

**1:** Place the pan over a medium heat and cook slowly until the onions have softened. Add the three liquids to the pan and bring to a simmer quickly.

**2:** Add the pumpkin flesh, half the cobnuts and half the sage to the liquid, and cook for a further five minutes.

**3:** Using a flask blender, blend the contents of the pan until smooth and pour into serving bowls.

**4:** Grate or chop the remaining cobnuts over the soup and serve with a drizzle of good extra virgin olive oil.

**5:** Accompany with crusty bread and enjoy!

### Ingredients

**1 medium sized French Pumpkin (around 3kg)**  
**100ml olive oil**  
**150g unsalted butter**  
**2 medium sized onions**  
**1 clove garlic, peeled and crushed**  
**1 lt. of milk**  
**1 lt. whipping cream**  
**1 lt. vegetable stock**  
**60g peeled fresh cobnuts**  
**¼ bunch sage**  
**Salt and pepper**



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