



Curried Pumpkin Soup

SLCC Student Heather North

Heather North comes from an IT background as a systems analyst/programmer, and the science of baking appeals to her “geek” side. She collects antique cookbooks and loves exploring the history and culture of food in different areas of the United States. North plans to graduate in spring 2018 with an AAS and as a Certified Pastry Culinarian® and Certified Culinarian®. North grew up eating this pumpkin soup and has enjoyed passing the recipe down to her own daughter.



Curried Pumpkin Soup

Ingredients

1/2 cup diced onion
13 oz. coconut cream
29 oz. can pumpkin puree
1 lb. diced raw carrots
1 cup raw cashews
1 tsp garam masala
1 tsp cumin
1 tsp turmeric
1/8 tsp cayenne
1/8 tsp red pepper flakes
3 cups low sodium chicken stock
3 cups water
Salt and white pepper to taste
Plain Greek yogurt for garnish

In a large saucepan or Dutch oven, sauté onion until soft.

Add water, chicken stock and carrots to onion. Simmer on low until carrots are very soft.

Add cashews, pumpkin puree and coconut cream. Use immersion blender and puree until mixture is smooth. You may also cool the mixture and puree in a traditional blender in small batches.

Return to Dutch oven and add garam masala, cumin, turmeric, cayenne and red pepper flakes. Add salt and white pepper to taste.

Serve warm with a swirl of Greek yogurt.