



[www.goodenoughtoeat.net](http://www.goodenoughtoeat.net)

## Spicy Pumpkin Soup

I can't say enough about pumpkin. Eat it and eat it often. Pumpkin is classified as a winter squash and is a versatile food used in soups, risotto and in pies and scones. It can be boiled, roasted and baked. Choose pieces that are bright and healthy looking and have a deep orange colour. Cut pumpkin is very perishable, so store it the fridge and consume it within a few days. Thin skinned varieties don't need much peeling. Thick skin however, should be removed with a large sturdy knife as is required for this dish. This soup is a spicy twist to a popular favourite which is easy to make and when served with fresh crusty bread is good enough to eat.

### You'll need:

2 Tablespoons olive oil  
1 onion, chopped  
750g pumpkin, chopped & peeled  
1 Teaspoon ground cumin  
1 Teaspoon cayenne pepper  
1 Teaspoon ground coriander  
2 Teaspoons ground paprika  
1.25 litres vegetable stock  
One bunch of fresh coriander leaves for garnish.

### Here's what to do:

Heat the olive oil in a saucepan, add the onion and pumpkin. Cook over a low heat for about 15 minutes. Add the cumin, cayenne pepper, ground coriander and paprika. Stir through and cook for another 2 minutes. Add the stock, bring to the boil then reduce the heat and simmer for about 20 minutes or until the pumpkin is tender. Cool then blend until smooth. When ready to serve, reheat gently and season with freshly ground black pepper and sprinkle with a pinch of the finely chopped coriander.

Known since antiquity, the Ancient Greeks used **cumin** seeds as a table condiment much like we use pepper today. The spice was also popular in Medieval England although not for cooking but to keep lovers from straying. No doubt just how they did this requires a great imagination. The Germans carried seeds with them during their wedding ceremony to guarantee them a happy life. Here in my kitchen, I use cumin seeds, either whole or ground to flavour the food I like to cook, everything from curries and a host of meats, particularly lamb and vegetable dishes.

**Cayenne** pepper is made from a variety of hot chillies and not, as the name suggests from the cayenne pepper alone. It is made by drying the whole ripe chilli pods, then finely grinding and sieving them to make a powder. It is used widely in cooking but as it can be scorching hot, so use it sparingly!

**Coriander** seed, from which you get ground coriander, is the dried fruit from the same plant that gives us the fresh herb. Ground coriander is used widely, traditionally in dishes from India, Latin America, North Africa and the Middle East. This versatile spice also goes beautifully with fruit, especially apples and can be used to great effect in sweet cakes and biscuits.

**Paprika** is made from a variety of ground dried sweet red peppers. It can be used to add colour and flavour to your cooking. The many varieties range from deep red in colour to near brown, from sweet and mild in flavour to hot and bitter or smoky.