



PUMPKIN SOUP WITH TOASTED PUMPKIN SEEDS



QimiQ BENEFITS

- High stability despite light consistency
- Creamy indulgent taste with less fat
- Full taste with less fat content
- Smooth and creamy consistency in seconds



15



easy

INGREDIENTS FOR 3134 G

FOR THE SOUP

450 g QimiQ Sauce Base

1700 g Hubbard pumpkin

225 ml Chicken stock

125 g Onion(s)

5 g Garlic

12 g Red curry paste

250 ml Coconut milk

Salt

Black pepper, freshly ground

FOR THE TOPPING

150 g QimiQ Whip, chilled

5 ml Lemon juice

100 g Crème fraîche

1 g Salt

75 g Pepitas, toasted

15 ml Pumpkin seed oil, to drizzle

METHOD

1. Wash, peel and seed the pumpkin. Cut into 1-inch pieces and place into a suitable pot with the chicken stock.
2. Add the onions, garlic and QimiQ Sauce Base and simmer until the pumpkin pieces are tender.
3. Burr mix the soup until silky smooth. Season to taste with the salt and pepper.
4. For the topping: lightly whip the cold QimiQ Whip until completely smooth, ensuring that the entire mixture is incorporated (especially from bottom and sides of bowl). Add the lemon juice, crème fraiche and salt and continue to whip until the required volume has been achieved.
5. Top the soup with the cream and toasted pumpkin seeds and drizzle with pumpkin seed oil.