



PUMPKIN SOUP



QimiQ BENEFITS

- Longer shelf life without loss of quality
- Quick and simple preparation
- Dairy cream - best quality
- Creamy indulgent taste with less fat



INGREDIENTS FOR 10 PORTIONS

- 1800 g** QimiQ Sauce Base
- 6.8 kg** Hubbard pumpkin, chopped
- 907 ml** Chicken stock
- 500 g** Onion(s), chopped
- 25 g** Garlic, minced
- 50 g** Red curry paste
- 1 litre(s)** Coconut milk
- Salt and pepper, as required

FOR THE TOPPING

- 150 g** QimiQ Whip, chilled
- 5 ml** Lemon juice
- 100 g** La Bonne Vie 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 together with the chicken stock.
2. Add the onion and garlic and allow to simmer until the pumpkin pieces are tender. Add the red curry paste and coconut milk and allow to simmer for a few minutes. Burr mix the soup until silky smooth.
3. Add the QimiQ Sauce Base and spices and allow to simmer until the required thickness has been achieved.
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).
5. Add the lemon juice, La Bonne Vie crème fraîche and salt and continue to whip until the required volume has been achieved.
6. Finish the soup with the topping. Garnish with the toasted pumpkin seeds and drizzle with pumpkin seed oil.