

Pumpkin Soup - COLLECTION

This recipe is from D. Madison & E.E. Brown, "The Greens Cookbook", Bantam, 1987

Pumpkin Soup w/ Gruyere cheese

For this soup use Sugar pumpkins or Perfection squash - both are sweet and full-flavored without being stringy and watery. Delicata and butternut, though milder, are delicious. The stock is a simple one, using the seeds and scrapings of the pumpkin or squash, a few vegetables, and herbs.

The Stock

Seeds and scrapings from the pumpkin or squash
2 carrots, peeled and diced
1 celery stock, plus some leaves, chopped into small pieces
1 turnip, peeled and diced
2 bay leaves
..5 tsp dried sage leaves or 5-6 fresh sage leaves
4 parsley branches
3 thyme branches
..5 tsp salt
8 cups cold water

Cut pumpkin or squash in half and scrape out all the seeds and stringy material with a large metal spoon. Put them in a pot with remaining ingredients, bring to a boil, simmer for 25 minutes, and then strain.

The Soup

1 pumpkin or squash, weighing about 2.5 pounds, halved and scooped out
3 Tbs butter
1 medium yellow onion, cut into 1/4-inch dice
..5 tsp salt
6-7 cups stock
..5 to 1 cup light cream
white pepper
3 oz Gruyere cheese, finely grated
Thyme leaves, finely chopped, for garnish

Preheat oven to 400 F. Bake the pumpkin halves, skin up, on a lightly oiled baking sheet until the skin is wrinkled and the flesh is soft, about an hour. Remove them from the oven, and when cool enough to handle, peel off the skin. Reserve and carmelized juices that may collect in the pan.

Melt butter in a soup pot, add the onion, and cook over medium heat for about 5 minutes. Add the cooked pumpkin, the juices, if any, the salt, and about 6 cups of the stock. Bring to a boil; then simmer, covered, for 25 minutes.

Pass the soup through a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary to thin it.

Taste for salt and seasoning. Add Freshly ground white pepper. Stir in the grated cheese and serve the soup with some thyme leave scattered over it.

From: marianne@mencken.WV.TEK.COM (Marianne Evans)

A friend gave this to me but I haven't tried it.
She says it's WONDERFUL!

PUMPKIN SOUP

4 C chicken broth
1 onion, chopped
2 C pumpkin
3/4 C green onions, white part, chopped
bay leaf
1/8 ts nutmeg
1/2 ts curry powder
2 C milk
1/2 ts sugar
salt and pepper to taste

Saute onions. Add other ingredients and cook uncovered 15 minutes. Puree. Add milk and cook another 5 minutes. Do not boil.

From Janet Morrissey "Mostly Harmless" morrissey@stsci.edu

I found this recipe for savory pumpkin soup in the Colorado Springs Gazette Telegraph. I modified it somewhat. It turned out great!

Pumpkin Soup:

1 med. onion, chopped
1/4 c. butter
2 c. cooked mashed pumpkin
4 c. pumpkin cooking water
2 heaping tsp. chicken soup base
1 bay leaf
1/2 tsp. sugar
1/2 tsp. curry powder
1/8 tsp. nutmeg
1 T. dry parsley
1 c. milk
1 c. half and half
2 tsp. salt

Fresh ground pepper to taste

Saute onion in butter till golden. Stir in pumpkin, water, chicken base, bay leaf, sugar, curry, nutmeg and parsley. Bring to simmer and simmer uncovered 15 min., stirring occasionally. The recipe called for pureeing in batches in a blender or processor. I didn't do this-it didn't need it IMHO. Add half and half in a thin stream, stirring while adding. Add milk in the same manner. Add salt and pepper. Simmer 5-10 min.

Notes:

The original recipe called for 1 lg. onion, sliced, and 3/4 c. sliced scallions, white part only.

It called for a 16 oz. can of pumpkin instead of cooking your own pumpkin. I cut off the peel of a volleyball sized pumpkin, scraped out the seeds, then cut the remaining stuff into approx. 1 inch cubes. I added water to about halfway up to the top of the cubes. I brought to a boil, then simmered slowly 45 min., stirring occasionally. I then removed the cooked cubes, reserving the cooking water. I mashed the cubes. To be honest, I didn't measure the pumpkin pulp or the pumpkin cooking water, but it looked to be the amount of pumpkin and water I mentioned above. The original recipe also called for 4 c. chicken broth in place of the pumpkin cooking water and chicken base.

The recipe called for 2 c. half and half, but I loked it just fine with milk and half and half.

From: morrissey@stsci.edu (Mostly Harmless)

This came from r.f.c. quite some time ago. I don't have the info on who originally posted it.

Pumpkin Soup

1/4 c. butter
1/4 c. minced shallots
1/2 c. onions
3 c. chicken stock
2 c. cooked pumpkin puree
1 t. paprika
1/2 t sugar
1/8 t. crushed dried chilies
salt and pepper to taste
1 c. cream

Saute shallots and onions in butter until golden.
Add stock everything else but the cream and simmer 15 minutes.
Cool slightly and puree in batches in blender.
Return to saucepan add cream taste and adjust salt and pepper.

Simmer 5 min. but do not boil.

Serve with a dollop of whipped cream and sprinkle with paprika.

Curried Pumpkin Soup Recipe

2 cloves garlic, peeled
1 med onion, peeled and quartered
1 lg. jalapeno pepper, seeded and -coarsely chopped
2 Stalks celery, cut into -2-inch lengths
3 lg. Carrots, peeled and sliced -1/4 inch thick
2 tbsp. Olive oil
1 3/4 lb. pumpkin, peeled, -seeded, and cut -into 1-inch dice
3 c Low-salt chicken stock
1 Bay leaf
2 tsp. curry powder
1 tsp. Turmeric
pinch of cayenne pepper
1 1/2 tsp. salt
freshly ground pepper
1/4 c shelled raw pumpkin seeds
2 tbsp. chopped flat-leaf parsley
1 tbsp. sour cream (optional)

Place garlic in a food processor and pulse until finely chopped. Add onion and pulse until finely chopped. Set aside. Place jalapeno in food processor and pulse until finely chopped. Add celery and pulse until finely chopped. Set aside. Place carrots in food processor and pulse until finely chopped.

Heat 1 tbsp. of the olive oil in a medium stockpot over medium heat. Add the garlic and onion and sauté, stirring occasionally, until onion is translucent, about 6 minutes. Add jalapeno, celery, and carrots and sauté for 5 minutes. Add the pumpkin, chicken stock, bay leaf, curry, turmeric, cayenne, 1 tsp. of the salt, and pepper to taste, and bring to a boil. Reduce heat and cook until the vegetables are tender, about 8 minutes.

Meanwhile, in a small sauté pan, heat remaining tbsp. of olive oil over medium-high heat. Add pumpkin seeds and remaining 1/2 t salt and cook for about 30 seconds, shaking pan constantly to prevent burning, until all the seeds have popped. Remove from heat and add parsley.

Place 2 cups of the cooked vegetables and about 1/2 cups of the liquid in the bowl of a food processor and puree until smooth. Stir puree back into the soup. Adjust seasonings, and stir in the sour cream, if desired. Garnish with roasted pumpkin seeds.

Honey Mustard Pumpkin Soup

1 small pumpkin (about 10 cups diced)
3 carrots
3/4 tsp. black mustard seed
1/4 to 1/2 cup vegetable broth (chicken broth is OK too)
1/2 onion, chopped
1/2 tsp. turmeric
1/2 tsp. cumin
1/2 tsp. cinnamon
1/4 tsp. ginger
3/4 c. powdered skim milk
2 tsp. honey
1 tsp. salt

Peel and chop pumpkin and carrots, and simmer in water to cover until tender. Toward the end of cooking time, heat nonstick skillet over medium heat. When hot, add mustard seeds. Cover pan and keep over medium-high heat until popping sound of mustard seeds begins to die down a bit, then immediately add broth (starting with 1/4 c. and adding more as needed) and onion and reduce heat. Cook and stir until onion is translucent. Measure spices while the onion is cooking; then stir them into the mixture and allow to cook on low heat for a minute or so until fragrant. Turn into the pumpkin pot, using a cup or so of the cooking water to rinse the spice pan into the soup pot. Puree seasoned pumpkin and carrots in their cooking liquid, adding milk, honey and salt to mixture in the processor. Add salt to taste. Makes 10 cups.

Spicy Pumpkin Corn Soup

1 Small Pumpkin - seeded, unpeeled
2 Tablespoons Oil
1/2 Teaspoon Cumin Seed
1 Cardamom Pod
1/2 Teaspoon Cumin Powder
1/2 Teaspoon Coriander - ground
1/4 Teaspoon Ginger - ground
1/4 Teaspoon Chili Powder
1 Teaspoon Garlic - minced
2 Cups Onion - chopped
1 Cup Cauliflower Flowerets
1/2 Cup Carrot - sliced
11 Ounces Corn - canned, undrained
Salt And Pepper to taste
1/2 Teaspoon Turmeric

Put oil in large pot or kettle. Heat until quite warm. Add cardamom, and cumin seeds. Cook until seeds crackle. Add Onions, garlic and powders. Sauté until onions are browned. Add cut up pumpkin and water until not quite covered. Cover and simmer until pumpkin is

**tender. Mash or puree. Return to pot and add vegetables.
Cook until desired tenderness.**

Pumpkin Coconut Bisque

2 tbsp. butter
1 cup chopped onion
3 chopped garlic cloves
3 cups canned solid pack pumpkin
2 cups chicken broth
2 tsp. sugar
1/2 tsp. allspice
1/2 tsp. crushed red pepper
1 1/2 cups canned, unsweetened coconut milk

Melt butter in a heavy, large stockpot over medium heat. Add onion and garlic and sauté until golden, about 8 minutes. Add pumpkin, broth, sugar, allspice and crushed pepper. Bring to a boil. Reduce heat, cover and simmer for 30 minutes. Working in batches puree soup in blender until smooth and return to pot. Bring soup to a simmer, thinning with coconut milk until it is the desired thickness and taste. Season to taste with salt and pepper.