

Roasted Pumpkin Soup with Cardamom from Paola Skaff Alford

Serves 6 - 8

6 ½ lbs. (3 kgs.) pumpkin	1 tablespoon (15 g) butter
3 tablespoons Vegetable oil	1 teaspoon ground cardamom
2 medium Onions, chopped	Pinch of nutmeg
2 leeks, trimmed and chopped	8 ½ cups (2 liters) vegetable stock
1 teaspoon sugar	1 cup (250ml) cream

Salt and freshly ground Black pepper to taste Croutons, to garnish (optional)

Preheat oven to 350 degrees (180 C). Line a baking sheet with parchment paper.

Halve the pumpkin and remove the seeds, scraping the inside clean. Place it upside down in the lined baking sheet. Roast for about 90 minutes, or until tender (check by poking it with a fork). When tender, scoop out the pumpkin flesh and discard the shell. Coarsely, chop the flesh and set aside.

Heat the oil in a large soup pot over medium-high heat. Add chopped onions and leeks. Sauté for 2-3 minutes, stirring occasionally. Add the sugar and butter. Cook for 20 minutes, stirring frequently until caramelized, and add the pumpkin.

Add the spices and stock. Stir well and bring to simmer. Cook over medium heat until the pumpkin flesh is soft and breaking down.

Puree the soup using a stick blender, food processor or blender.

Return the pureed soup to a clean pot set over low heat and gently stir in the cream. Add salt and pepper to taste and serve hot, garnished with croutons, if desired.

“ If each one of us decided to commit to one positive action every day, the world would be a better place. War fuels war, love spreads love. My decision to participate in this unique book project is to spread love, compassion, tolerance through mindful action as opposed to mindless reaction. Let’s make soup, not war!”

--Paola Skaff Alford