

ROASTED PUMPKIN SOUP

Gary Parsons, *Group Development Chef*

HARVEY & BROCKLESS

the fine food c^o

Whatever we do, from sourcing amazing food
to delivering it on time,
we always stick to one simple rule...

an absolute dedication to honest, authentic, remarkable food.

ROASTED PUMPKIN SOUP

Chef Gary Parsons

Ingredients

SERVES 5 PORTIONS

HB006 Mellow Yellow Golden Rapeseed Oil	50ml
IN165 Cornish Sea Salt	4g
Munchkin Pumpkins, all the same size	5 each
Butternut, peeled, chopped, seeds removed	1000g
Vegetable Stock	480ml
Coconut Milk	400ml
Onions, peeled and sliced	180g
Vegetable Oil	15ml
Garlic, peeled and minced	12g
Ginger, peeled and minced	14g
Paprika	3g
Turmeric	2g
Coriander	2g
Pepper	1g

Garnish

DY172 Coyo Coconut Yoghurt	350ml
IN932 Organic Really Seedy Mix, toasted	80g
HB006 Mellow Yellow Golden Rapeseed Oil	20ml
Coconut Shavings, toasted	200g
Curly Parsely, washed and picked	80g

Method

1. Pre-heat the oven to 180°C.
2. Carefully remove the top of the munchkin pumpkin with a sharp knife to create a lid. Scoop out the seeds, leaving the flesh, and then put the lid back on top. Brush the pumpkins with oil and bake for 30-35 minutes.
3. Leave to cool for 10 minutes. Carefully scoop out all of the cooked flesh and keep this for later. You will need the shells to serve the soup in
4. Heat a large heavy bottomed pan, add the oil, onions, garlic and fry for 5 minutes until softened. Add the ginger and butternut squash, followed by the spices, vegetable stock and the coconut milk.
5. When the butternut is cooked, add the cooked flesh from the munchkin pumpkins to the soup. Blend the soup until it is a smooth consistency, then season with salt and pepper.
6. Warm the munchkin shells up, pour the hot soup into them and finish with the coconut yoghurt, toasted seeds, coconut shavings and parsley. Drizzle with the golden rapeseed oil.



ROASTED PUMPKIN SOUP
with Toasted Seeds, Coconut and Parsley

Farrington's Mellow Yellow Golden Rapeseed Oil

High in Omega 3 and Vitamin E, this rapeseed oil is crafted with care and contentious farming methods. The Northamptonshire farm is a part of LEAF (Linking Environment and Farming) and they embody sustainable and thoughtful farming methods, having increased soil organic matter by 66% in the last 15 years.

Coyo Coconut Yoghurt

Made from pure coconut milk, its richness is perfectly balanced by the typical tang of unsweetened yogurt. Silky smooth and creamy, it's been described as "heaven in a mouthful".

Fresh Essential Organic Really Seedy Mix

The Really Seedy range is a carefully selected blend of super seeds containing a great source of protein that can be sprinkled into soup and shaken onto salad. Quite simply, every blend in the range is great for healthy snacking.