

Pumpkin Soup Or Soupe De Citrouille

Serve 6

Preparation time : 15 minutes

Cooking time : 30 minutes

Ingredients :

- 1/4 of pumpkin
- 8 carrots
- 2 cubes or 2/3 cup of chicken broth
- 6 tablespoons light cream
- Nutmeg
- Salt and pepper
- Parsley

Remove the seeds, the skin and stringy part from the pumpkin. Cut the pumpkin into three 1 inches pieces. Peel the carrots.

Steam the carrots and the pumpkin together in a pressure cooker and start to cook. Meanwhile heat the chicken broth to the boil.

After 20 minutes remove the carrots and the pumpkin from the pressure cooker. Mix them together and gradually add the chicken broth.

Place the mixture in a large pan and add the salt and pepper. Bring to the boil.

Remove the pumpkin soup from the heat.

For a tasting and appetizing soup, serve in soup plates and add 1 tablespoon of light cream in a swirl and roughly cut parsley on top of the cream.

Top Tip:

- Add croutons once the soup is served.
- Feel free to adjust as desired the proportions of carrots and pumpkin.