this quiet dust...

HANDMADE CERAMICS BY DUBHE CARREÑO

Pumpkin Curry Soup

INGREDIENTS

1 medium sized sugar pie pumpkin
1 tablespoon coconut oil
1 shallot, diced
1 clove garlic, minced
1 teaspoon ground coriander
1 teaspoon ground cumin
2 teaspoons curry powder
1/2 teaspoon cinnamon
1 cup full-fat coconut milk
3 cups vegetable broth
1/2 teaspoon salt

Roasted pumpkin seeds, chopped cilantro to garnish

PROCEDURE

Preheat the oven to 425° F. Cut the pumpkin in half and scoop out the flesh, discarding the seeds. Rub olive oil on the inside of the pumpkin and place the cut side down on a baking sheet bake it for 40-50 minutes until the flesh is soft. Remove the pumpkin from the oven and allow to cool. After cooling, scoop out the pumpkin and set it aside.

Heat the coconut oil in a medium pot over medium heat. Add the shallot and garlic and cook until soft. Add the spices and stir. Add the pumpkin, coconut milk, broth and salt. Simmer for 10-15 minutes. Transfer the soup to a high-speed blender. Puree the ingredients, starting on low and increasing to high, until completely smooth. Serve with pumpkin seeds, cilantro or any garnish you like. Enjoy!

Dubhe