

# An autumn classic

Delicious with hunks of warm bread on a chilly winter's day, make an extra batch of this tasty roasted pumpkin soup that you can freeze and use whenever you want!

The recipe this edition again comes from Daniel Holland-Robinson, Head Chef at Ellis's Restaurant at Greenwoods Hotel & Spa.

## Roasted Pumpkin Soup

### Ingredients:

- 1 large onion, roughly chopped
- 2 cloves garlic, crushed
- 1kg pumpkin or butternut squash, peeled, deseeded and roughly chopped
- 500ml vegetable or chicken stock
- 150ml double cream or crème fraîche

### Method

- 1** Place onion, garlic and pumpkin on a baking tray, drizzle with olive oil, sprinkle with sea salt and black pepper
- 2** Roast in a moderate oven for 45 minutes, or until pumpkin or squash is golden and soft to touch
- 3** Transfer to large saucepan, add stock, bring to boil, then gently simmer for 15 minutes.
- 4** Whiz in a blender or food processor until smooth, then add a dollop of double cream or crème fraîche to serve.



## Pumpkin facts:

■ The pumpkin is a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and courgettes.

■ The word "pumpkin" was first mentioned in the 17th century in the fairy tale Cinderella. Prior to this they were referred to as 'large melons'.

■ The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds. Pumpkin pie originated in the North American colonies, but not as we know it today.

Colonists would cut off the pumpkins' tops, remove the seeds, fill the pumpkins with milk, spices, and honey, and bake them in hot ashes.

■ And the good news is that pumpkins are 90% water, which makes them low calorie. They also have more fibre than kale, more potassium than bananas, and are full of heart-healthy magnesium and iron.

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