Thai Pumpkin Soup

**Type:** Starter  
**Serves:** 30  
**Recipe source:** adapted from Taste.com

**Fresh from the garden:** Pumpkin, onions

<table>
<thead>
<tr>
<th><strong>EQUIPMENT:</strong></th>
<th><strong>INGREDIENTS:</strong></th>
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</thead>
<tbody>
<tr>
<td>Knives</td>
<td>1kg pumpkin</td>
</tr>
<tr>
<td>Chopping board</td>
<td>3 large onions, chopped</td>
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<tr>
<td>Spoon measures</td>
<td>1 clove garlic</td>
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<tr>
<td>Measuring jug</td>
<td>4 cups hot water</td>
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<tr>
<td>Wooden or silicone spatula</td>
<td>4 teaspoons vegetable/chicken stock powder</td>
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<tr>
<td>Large Saucepan</td>
<td>1 ⅔ cup coconut milk</td>
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**TO SERVE:**  
3 red ceramic bowls  
3 soup ladles  
Small red bowls and small white bowls for table to eat out of

**What to do:**
1. Peel and chop onions.  
2. Add a small amount of oil to a large pot over medium heat.  
3. Add onions, garlic and pumpkin cubes.  
4. Cook until onions are soft and pumpkin is starting to go soft (about 10-15 minutes).  
5. Add water and stock powder and cook over low heat until all vegetables are soft – approx 20 minutes.  
6. Stir in coconut milk and cook 2-3 minutes  
7. Add pepper and salt to taste.  
8. Cool soup slightly and then with a stick blender puree until smooth.  
9. To serve put into 3 red serving bowls. Chop parsley or coriander to use as garnish.