



Spiced creamy pumpkin, squash & ginger soup

Ingredients

Soup

2 tablespoons olive oil, plus extra to serve
1 large onion, roughly chopped
3 garlic cloves, roughly chopped
1 thumb of ginger peeled and grated
1 stalk of lemon grass, finely chopped
400g pumpkin, peeled, chopped
200g butternut squash, chopped
1 sweet potato, chopped
2 carrots, chopped
1 leek, white part only, chopped
½ teaspoon ground nutmeg
750ml chicken liquid stock
125ml single cream
1 tablespoon pumpkin seeds (toasted)
Dried cranberries, to serve
Finely chopped flat-leaf parsley, to serve

Flat Breads

500g strong white flour
10g salt
10g yeast
30g unsalted butter
310ml cold water
250g cheddar

Method - Flat Breads

Put the flour into a large mixing bowl and add the salt to one side and the yeast to the other side, add butter and water bring all the mixture together, then tip out onto a lightly floured surface.

Now knead the dough for 5-10mins, the dough should feel soft and smooth when ready.

Place the dough into a lightly oiled bowl, cover with a tea towel and leave to rise for at least 1 hour, the mixture should have doubled in size.

Turn dough out onto a lightly floured surface and fold it until all the air is knocked out and it is silky smooth. Divide the dough in to 12 pieces and roll each one into a ball.

Make a indentation into each ball and put in around 20g of the cheese, then pinch together to seal, now roll each ball into a rough circle about 18cm in diameter.

Heat a frying pan with a little olive oil over a medium heat, fry each flatbread for 2-3mins on each side or until golden brown and puffy, leave them to cool, then serve.

Method - Soup

Heat the oil in a large saucepan over medium heat. Add onion and cook for 2-3 minutes or until soft. Add the garlic, ginger, lemongrass, vegetables and nutmeg, then toss to coat. Continue to cook for a further 5 minutes to slightly colour the vegetables.

Add stock and (500ml) water, then bring to the boil. Reduce the heat to low, cover and cook for 25 minutes or until the vegetables are tender. Cool slightly.

Transfer to a blender and whizz until smooth. Return soup to the saucepan and place over low heat. Stir in cream, then season.

To serve, ladle into bowls and top with seeds, cranberries and parsley, then drizzle with extra oil.