

Pumpkin and Apple Soup

Season: Autumn

Type: Side

Serves: 32 tastings

From the garden: Pumpkin & apple

Class focus: Cutting vegetables into various sizes & using blender stick



Equipment:

Large saucepan x 1
Wooden spoon x 1
Chopping boards and knives
Measuring cups
Measuring spoons
Blender stick
Serving bowl x 5
Small ladle x 5

Ingredients:

1 onion (skin-off, cut into quarters)
2 cloves garlic (skin-off, whole)
1 small pumpkin (skin-off, cubed - 3cm)
2 carrots (skin-on, cut into 3cm lengths)
1 celery stalk (cut into 1cm lengths)
2 apples (skin-on, cored, cut into eighths)
½ teaspoon dried thyme
1 bay leaf
5 cups boiling water (from kettle)
1 vegetable stock cube
1 teaspoon salt
10 grinds of pepper

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the ingredients in a large saucepan and bring it to a simmer until all vegetables are soft.
3. Remove from heat and use a blender stick to blend all ingredients until smooth.
4. Serve into 5 large serving bowls and with a small ladle in each.

For gluten free option:

Use vegetable stock powder.