

Dorset Council

Roasted Pumpkin and Coriander Soup

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Ingredients

1 small pumpkin
2 red peppers
2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, crushed
½ teaspoon juniper seeds
100g celery, chopped
2 small red chillies, deseeded and finely chopped
1 litre vegetable or chicken stock
Large bunch of fresh coriander, chopped
Salt
Black pepper
2 tablespoons of crème fraiche
Pinch of paprika

Instructions

1. Quarter the pumpkin, remove the seeds (don't discard them, they are lovely when roasted and make a great nibble). Cut the red peppers in half, remove the seeds and place them with the pumpkin onto a roasting tray. Drizzle the flesh with a little olive oil and place into a pre heated oven set at 200C/400F/ gas mark 6. Roast for about 40 minutes (you can just roast the flesh if you have scooped it out to make lanterns).
2. Remove from the oven. Scrape the flesh from the skin of the pumpkin and place to one side along with the roasted pepper.
3. Heat a little olive oil in a saucepan; add the chopped onion, crushed garlic, juniper seeds, celery and red chillies. Cook for a few minutes until the onions and celery are soft. Add the pumpkin and red peppers, the stock and finally the chopped coriander. Bring to the boil, reduce the heat and allow to simmer for 15 minutes. Season with salt and freshly ground black pepper and then process the soup in a blender to make it smooth.
4. Serve with a spoonful of crème fraiche over the top sprinkled with a little paprika.