

Published November 15th, 2017

Pumpkin Sage Soup

By Susie Iventosch



Pumpkin sage soup Photo provided

from above)

DIRECTIONS

Remove the stem from the pumpkins (or squash) and cut in half. Scoop out seeds and pulp. Coat inside of flesh with a thin layer of olive oil and season with salt and pepper. Turn upside down on a greased baking sheet and bake at 350 F until skin and flesh are easily pierced with a knife. Remove from oven and cool. Scoop out pulp and place in a bowl.

Meanwhile, sauté chopped shallots and onion in a large pot. Add seasonings and continue to cook until onions are translucent. Add pumpkin pulp and mix well with veggies. Puree this mixture in a food processor one batch at a time until smooth. Return to soup pot.

Add sherry, coconut milk and enough chicken broth to arrive at desired consistency. Bring to a boil and serve immediately, or cool and refrigerate until ready to heat and serve.

For garnish: Toss sliced shallots and kale leaves with olive oil and a bit of sea salt. Spread out on a tray and bake at 400 F until crispy and beginning to brown. This will take approximately 10 minutes or so. Turn them over with a spatula halfway through. Sprinkle on top of each bowl of soup. Garnish can be made several hours ahead of time.

(Serves 4-6)

INGREDIENTS

- 2 sugar or pie pumpkins (to yield approximately 4 cups pumpkin meat or any kind of squash you prefer)
- 3 Tbsp. olive oil
- 3 shallots, peeled (two chopped and one thinly sliced for garnish)
- 1 small onion, peeled and chopped
- 1 tsp. poultry seasoning
- 1 tsp. dried sage
- 1/2 tsp. dried thyme
- 2 Tbsp. dry sherry
- 1 can low-fat or non-fat coconut milk (13.5 or 14 oz.)
- 3 to 4 cups chicken broth, depending on how thick or thin you prefer your soup
- Salt and pepper to taste
- 1 cup kale leaves for garnish (plus sliced shallot

Reach the reporter at: suziven@gmail.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA