

## **PUMPKIN SOUP**

Preparation time: 15 minutes

Cooking Time: Bacon bones 3 hours,  
pumpkin 15 minutes

Total Ingredients: 10

Enough for 6-8 people

This is a beautiful soup, and hearty enough for a meal on its own, especially if there's a dessert to follow.

- 3 fleshy bacon bones
- 1 medium pumpkin (not butternuts)
- 1 teaspoon Curry Powder
- 1 teaspoon Garlic
- 2 finely chopped Onions
- 1 peeled diced Carrot
- 3 teaspoons Chicken Stock Powder
- 3 tablespoons Sugar
- $\frac{1}{2}$  teaspoon White Pepper
- 600ml Thickened Cream



Bring Bacon Bones to boil in a saucepan of water, and then simmer 2-3 hours, until the meat is falling apart with a fork. Place on a tray to cool.

While the bones are cooling, skin the pumpkin, dice into large pieces and boil 15 mins until cooked. Drain well, and run quickly through blender, place in a heavy based deep saucepan.

Take all the meat off the bones, being sure that there are no bone pieces or gristle. Run the bacon meat, carrot and onions through a blender until very fine, add to the pumpkin mix.

Then add all the other ingredients, except the thickened cream. Bring to the boil, and simmer for 5 minutes. Add the thickened cream, stir through well until just simmers again, and serve immediately.

This soup freezes well, provided the cream has not been added.