



Pumpkin soup with caramelized Underberg onions

Ingredients

Serves 4

For the soup

- 1 Hokkaido pumpkin (approx. 1000g)
- 2 onions
- 4 garlic cloves
- 1 tablespoon pumpkin seed oil
- 800 ml vegetable broth
- 2 tablespoons apple vinegar

- 2 cl Underberg
- 15 g parsley
- 1 tsp freshly grated ginger
- 200 ml cream
- 1 pinch of sugar
- salt, pepper

For the onions

- 3 red onions
- 2 cl Underberg
- 1 tablespoon sugar
- 1 tablespoon sunflower oil
- salt, pepper

Preparation

For the soup, peel and roughly chop the onions and garlic. Wash the pumpkin and quarter it with a large knife. Remove pumpkin seeds with a large spoon. Then cut the pumpkin into small pieces.

Heat the oil in a large pot and fry the onions, garlic and ginger. Add pumpkin pieces and fry for 2-3 minutes.

Add underberg and broth and simmer for about 25-30 minutes until pumpkin is completely cooked.

For the topping, peel onions and cut into fine strips. Heat oil in a frying pan and sauté onions for 1-2 minutes.

Add underberg and sugar and caramelize onions for 2-3 minutes, stirring occasionally.

Wash parsley and chop finely. Puree the soup finely with a blender, stir in the cream and parsley and season to taste with salt and pepper. Top soup with Underberg onions and e.g. fresh cress and serve.

Preparation time: 30 minutes

Nutritional values per serving: 397.2 kcal/1651.7 kJ

Carbohydrates 27,9 g

Protein 8,1 g

fat 25,1 g