

Roasted Pumpkin Soup

A rich, soup made for a homegrown pumpkin glut

DIFFICULTY Easy
COURSE Soup
CUISINE Australian



PREP
15 min



COOK
45 min



TOTAL
1 hr



SERVES
4



FREEZES WELL
Yes

01 Ingredients

- 1000g pumpkin, peeled and cubed
- 1 onion, roughly chopped
- 3 garlic cloves, whole and unpeeled
- 2 tbsp olive oil
- 1 tsp ground cumin
- 750ml vegetable stock
- 100ml cream (or coconut milk for dairy-free)
- Salt and pepper, to taste
- Fresh chives or crusty bread, to serve (optional)

02 Method

1. Preheat oven to 200C. Toss pumpkin, onion, and unpeeled garlic cloves with olive oil and cumin on a baking tray.
2. Roast for 35-40 minutes until the pumpkin is tender and caramelised at the edges.
3. Squeeze the roasted garlic cloves out of their skins and add to a large pot with the roasted pumpkin and onion.
4. Add stock and bring to a simmer for 10 minutes.
5. Blend until smooth using a stick blender or upright blender.
6. Stir in cream, season with salt and pepper, and reheat gently. Serve topped with chives or crusty bread.

04 Common mistakes

- **Skipping the roast** — boiling pumpkin instead of roasting it loses the caramelisation that gives this soup depth; don't skip the oven step.
- **Peeling the garlic before roasting** — roast it whole in its skin, then squeeze it out afterwards; peeled cloves burn instead of caramelising.
- **Blending while too hot** — let the soup cool slightly before blending in an upright blender, or built-up steam can force the lid off.

03 Notes & substitutions

- Swap cream for coconut milk for a dairy-free version - the flavour shifts slightly sweeter but works well.
- Add a pinch of chilli flakes or a swirl of chilli oil for a flavour lift.
- No stick blender? Blend in batches in an upright blender, leaving the lid slightly vented to let steam escape.
- Vegetarian as written.

05 Storage & leftovers

FRIDGE	Airtight container, up to 4 days.
FREEZER	Freezes well for up to 3 months.
REHEATING	Stovetop over low heat, stirring occasionally, until piping hot throughout.