




# Pumpkin soup






A typical traditional recipe from Ticino reworked by the SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

## Preparation

|   |               |                    |
|---|---------------|--------------------|
|  | Time required | approx. 30 minutes |
|  | Difficulty    | Easy - For all     |
|  | Portion size  | 1 Litre            |

## Features

|   |                 |                        |
|---|-----------------|------------------------|
|  | Dish            | Soup - Vegetarian      |
|  | Typical product | Pumpkin - 0 km         |
|  | Suitable in     | Autumn - Cold evenings |

## INGREDIENTS

### Soup

- 24 g cooking butter
- 60 g onions
- 60 g white leek
- 24 g celeriac
- 600 g pumpkin
- 24 g white flour
- 1 l vegetable broth
- 1.2 dl cream 25%
- Seasoning
- Fresh chervil

## PREPARATION

### Soup

1. Peel the pumpkin, remove the seeds and cut into chunks;
2. Cut onions, leek and celery into matignon;
3. Wash the chervil leaves;
4. Stew the vegetables with butter;
5. Add the pumpkin and let it stew for a moment;
6. Sprinkle with flour and mix well;
7. Add the vegetable broth and bring to the boil, stirring occasionally;
8. Mix and strain;
9. Bring back to the boil and refine with cream;
10. Adjust taste and texture;
11. Add a few tufts of chervil directly into the cup.