

## Cream of Pumpkin Soup (Crème de Potiron)

*Substitute: only strong vegetables that support mellowing with milk, e.g., green peas (a ham bone helps add flavour), asparagus, Jerusalem artichokes, champignons. For all these delete nutmeg and use chives or chervil as garnish.*

1kg pumpkin, butternut is best  
50g butter  
1 onion, chopped  
1 litre milk  
300ml water  
1 chicken stock cube (stock is too rich when combined with milk, and the milk mellows the pumpkin)  
pinch sage  
½ stalk celery  
salt, pepper

### Garnish:

30g butter  
150ml cream with 35% milk fat  
salt, pepper, nutmeg  
mustard and cress (optional)

Peel, trim and dice the pumpkin. Heat the butter in a large saucepan. Fry the onion until softened, then the pumpkin momentarily. Add milk, water, chicken cube, sage, peeled celery, salt and pepper. Bring to boil, simmer until softened (20-30 minutes). Purée the soup, check seasoning. Pour into a soup tureen, and add the 30g of butter, dribbled cream and grated nutmeg. Snipped mustard and cress is an excellent garnish, providing a contrast in colour and a slightly bitter tang.

*Source: Diane Holuigue (1983) The French Kitchen: A comprehensive guide to French cooking for Australians, Methuen Australia, North Ryde, NSW.*