

Pumpkin and Apple Soup

Season: Autumn

Type: Side

Serves: 32 tastings

From the garden: Pumpkin, apple, oregano & garlic

Class focus: Cutting vegetables into various sizes & using blender stick



Equipment:	Ingredients:
Large saucepan x 1 Wooden spoon x 1 Chopping boards and knives Measuring cups Measuring spoons Blender stick Serving bowl x 5 Small ladle x 5	1 onion (skin-off, cut into quarters) 2 cloves garlic (skin-off, whole) 1 piece of pumpkin (skin-off, cubed - 3cm) 2 carrots (skin-on, cut into 3cm lengths) 1 celery stalk (cut into 1cm lengths) 2 apples (skin-on, cored, cut into eighths) 2 sprigs oregano (leaves only) 1 bay leaf 5 cups boiling water (from kettle) 1 vegetable stock cube 1 teaspoon salt 10 grinds of pepper ½ cup milk

What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Put all the ingredients **except** milk in a large saucepan and bring it to a simmer until all vegetables are soft.
3. Stir in milk.
4. Remove from heat and use a blender stick to blend all ingredients until smooth.
5. Serve into 5 large serving bowls and with a small ladle in each.