

Roasted Pumpkin and Apple Soup

Recipe By Chaya Malik



Cooking and Prep:  1
h 15 m

Serves:  14

Contains: 

Preference: Dairy

Difficulty: Medium

Occasion: Sukkot

Diet: Vegetarian, Gluten Free,

No Refined Sugar

Source: Whisk by Ami

Magazine

Ingredients (19)

Pumpkin Puree

- 3 (2 and 1/2-3-pound) pumpkins, quartered and seeded (equal to 5 and 1/3 cups cooked puree)
- Gefen Olive Oil for drizzling
- salt as needed
- pepper as needed

Soup

- 2 Granny Smith apples (do not substitute with sweet apples)
 - 2 tablespoons **Gefen Olive Oil**
 - 4 carrots, sliced thickly
 - 2 celery stalks, sliced thickly
 - 6 shallots, roughly chopped
 - Tuscanini Sea Salt** to taste
 - 1/2 teaspoon freshly ground black pepper
 - 4 garlic cloves, minced or 4 cubes **Gefen Frozen Garlic**
 - 1 tablespoon fresh sage, minced
 - 1/2 teaspoon cardamom
 - 3/4 teaspoon nutmeg
 - 2 and 1/2 teaspoons apple cider vinegar
 - 8 cups water
 - 1/2 cup apple cider
 - 1 and 1/4 cup heavy cream
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Start Cooking

Prepare the Soup

1. Preheat oven to 425 degrees Fahrenheit. Place pumpkin quarters on two baking sheets. Drizzle with oil and season with salt and pepper. Place pumpkins cut side down, on sheets. Roast, turning occasionally, about 45 minutes.
2. Let pumpkin cool. Scoop out flesh. Taste each pumpkin to make sure they are not bitter or tasteless. (It's a good idea to always roast a bit more pumpkin, as there is always the chance of the occasional not-so-good pumpkin.)
3. Bake apples in a separate baking dish alongside pumpkin, until soft, about 30 minutes.
4. Heat oil in a large pot, over medium heat. Add carrots, celery and shallots, and season well

with salt and pepper. Cook, covered, for seven minutes. Add garlic, sage, nutmeg, and cardamom, and cook for one more minute. Add pumpkin, apple, vinegar, and water. Bring to a boil and simmer for 15 minutes.

5. Using an immersion blender, blend until smooth. Stir in the apple cider. If too thick, stir in water, one tablespoon at a time. Cook for an additional minute or until warm. If you'd like it thicker, simmer for a few minutes, uncovered, to reduce. Stir-in or marble-in heavy cream.