

Pumpkin Soup with Pan Fried Pumpkin Seed Crunch

Recipe By *Rivky Kleiman*



familytable

Mishpacha

Cooking and Prep:  2 h

Serves:  8

No Allergens

Preference: Parve

Exclusive Family Table Content by Rivky Kleiman

Difficulty: Medium

Occasion: Sukkot

Diet: Vegetarian, Gluten Free,
Low Carb, Sugar Free, Vegan,
Pescetarian

Source: Family Table by
Mishpacha Magazine

Ingredients (13)

Soup

- 1 small garlic head
- 1/3 cup plus 1 tablespoon canola oil, divided
- 2 pounds fresh pumpkin, cubed, or 1 15-ounce can pumpkin puree
- 5 large shallots, sliced

- 1 medium onion, sliced
- 6 cups vegetable broth, or 6 cups water plus 2 tablespoons vegetable soup mix
- 2 tablespoons **Haddar Kosher Salt**
- 1/2 teaspoon black pepper

Roasted Pumpkin Seed Crunch

- 1/2 cup shelled raw pumpkin seeds
 - 2 tablespoons **Bartenura Olive Oil**
 - 1/2 teaspoon **Haddar Kosher Salt**
 - 1/2 teaspoon garlic powder
 - 1/4 teaspoon pepper
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Start Cooking

Prepare the Soup

1. Preheat oven to 325 degrees Fahrenheit (160 degrees Celsius) and prepare a baking sheet lined with Gefen Easy Baking Parchment Paper.
2. Slice off the top of the garlic head, assuring that the tips of the garlic cloves are visible. Place the garlic bulb in a small piece of aluminum foil. Drizzle with one tablespoon oil. Seal the foil and place the garlic on the baking sheet.
3. Add fresh pumpkin, shallots, and onion to the baking sheet. Drizzle with oil and toss all vegetables until well-coated. Roast uncovered for one hour.
4. Transfer the roasted vegetables, except the garlic, to a six-quart pot. Add the vegetable broth, salt, and pepper. Push the roasted garlic cloves out of their peels into the soup.
5. Mix well and bring the mixture to a boil. Lower heat and simmer for 40 minutes.
6. Puree with an immersion blender. Serve with roasted pumpkin seed crunch.

Prepare the Crunch

1. Place a small frying pan over a burner set to medium heat. Allow the skillet to heat slightly.

Dip a pastry brush into the olive oil and brush the bottom of the skillet till well coated.

2. Pour the pumpkin seeds into the skillet. Stir the seeds continuously until they puff slightly and begin to brown. Transfer the seeds to a bowl and toss with salt, garlic, and pepper.

Note:

This soup freezes beautifully.

Tip:

The pumpkin seed crunch may be prepared in advance and stored in an airtight container or a sealed ziplock bag.

Credits

Photography: Moshe Wulliger