

You'll need: 1 pumpkin, a couple of white onions, a few cloves of garlic, sage, olive oil, one organic stock cube, some good crusty bread. Some cream, if you like.

Hardware: two pots, stick blender, frying pan

How to do it:

- 0) Bring a pot of water to the boil and crumble the stock cube into it.
- 1) Peel the pumpkin and chop into cubes (remove the seeds)
- 2) Peel one clove of garlic and cut into thin slices
- 3) Dice the onion (not too fine)
- 4) Take pot number two and heat the olive oil. Fry onion and garlic. Stir a little. When the onions are glassy, add the pumpkin and brown on all sides (attention: this might go faster than you think so make sure they don't blacken!). Add the stock. But not too much. You want the soup nice and thick (the pumpkin chunks don't have to be under water). Let it simmer on a low heat with the lid on, but don't let it come to the boil. After about 20 minutes the pumpkin chunks will be nicely softened (make sure to check every once in a while).
- 5) In the mean time, heat some olive oil in the frying pan and fry a few leaves of sage until they're crispy (drain on a French newspaper).
- 6) Take the pot off the heat and get your blender. Make sure you keep it upright to avoid ending up with a face full of orange splashes. Blend the soup, but don't overdo it. It's better if the soup has a bit of bite, so leave some chunky bits. If the soup is too thick add a splash of stock. No need to add salt (can be added later at the table in case of salt addicts).
- 7) Toast the bread and cut into strips. Serve with a peeled clove of fresh garlic. Everyone rubs their own toast to taste.
- 8) Serve in bowls with a little flourish of cream and three fried sage leaves.

PS
Make sure to warn any newbies, lack of restraint with the garlic rub can lead to altercations with the neighbours.

Bon app!

POTAGE POMPOM A LA CAROLINE

