

COOKING CUISINE

02 November 2022

Cozy Autumn Meals Apple & Cheddar Pumpkin Soup

Serves 4-6

Equipment

- Saucepan
- Frying pan

Ingredients

- ½ yellow onion (chopped)
- 2 crisp red apples (1 chopped and 1 thinly sliced)
- ¼ all purpose flour
- 600ml vegetable broth
- 400gr pumpkin or butternut squash chopped into chunks (roasted, optional)
- 150ml oat or full fat dairy milk
- 150gr shredded cheddar or 100gr nutritional yeast
- 2 tbsp butter
- 1 tbsp honey
- 3-4 tbsp olive oil
- Salt & pepper to taste
- Chili flakes (optional)
- 2-3 tbsp fresh thyme leaves or 2tbsp dry thyme (sage alternatively)

For crumble topping

- 150gr pecan nuts or cashew, walnuts or pumpkin seeds (chopped)
- 150gr oats
- 2 tbsp white flour
- 2tbsp maple syrup or honey
- 1tsp cinnamon
- 4 tbsp butter Ghee, Butter or Coconut oil

Directions



- Heat the olive oil in a large saucepan over medium heat and add the onions and 1 cored and chopped apple.
- Cook until fragrant (6-8min)
- Whisk in the flour and cook for a further 2 min
- Slowly whisk in the broth.
- Add the pumpkin chunks
- Bring to a boil and then reduce heat to a simmer and cook until the pumpkin is soft when you insert a knife (15-20min)
- Season to taste with salt, pepper and chili (optional)
- Turn off the heat and let the soup rest.
- When slightly cooled, puree using an immersion blender or food processor
- Return soup to the hob and heat gently, stirring in the milk, cheese (or nutritional yeast) and whisk until it is creamy and the cheese has melted (nutritional yeast dissolved)
- Add the thyme or sage leaves and stir.
- Season to taste if necessary

Make the Honey & Butter Apple Slices

- Heat a frying pan over medium heat and add the butter to melt.
- Add the thin slices of the second apple
- Stir gently whilst cooking until slightly caramelised (approx. 5 minutes)
- Add the honey and a little of the thyme.
- Cook for 1-2 extra minutes, then transfer to a plate and keep warm
- wipe the frying pan with some paper towel.

Crumble topping:

- Return the frying pan to the hob on a medium heat and add the oil
- Add the pecans, oats, cinnamon, maple syrup, flour and a pinch of salt.
- Toast gently while stirring until caramelised.
- Turn off the heat and set aside.

To serve:

Ladle the soup into bowls and top first with the caramelised apples then add the crumble and a few thyme sprigs.

Optional: extra maple syrup or crème fraiche

Spiced Pumpkin Parfait

Serves 4

Equipment

- 2 bowls
- Hand blender or food processor

Ingredients

- 400 gr pumpkin puree or roast pumpkin
- 1/4 tsp salt
- 250 gr mascarpone cheese
- 50gr icing or very fine sugar
- 200gr heavy or whipping cream
- Handful of ginger biscuits
- 1 tsp pumpkin spice mix (see ingredients below)
 1. 3 tbsp ground cinnamon
 2. 2 tsp ground ginger
 3. 2 tsp nutmeg
 4. 1.5 tsp ground allspice
 5. 1.5tsp ground cloves



Directions

- Mix the pumpkin puree with the spices, salt, $\frac{3}{4}$ of the icing sugar and half the mascarpone in a stand mixer or whisk by hand
- In a second bowl, beat the heavy cream or whipping cream and add the remaining mascarpone and the rest of the sugar.
- Fill $\frac{1}{4}$ of each serving glass with pumpkin cream and top with some mascarpone cream.
- Top with crumbled cookies and repeat the layering process until the glasses are filled, finishing with mascarpone cream, crumbled biscuits and a whole biscuit.