****

**Cream of Pumpkin Soup**

**Ingredients (Per Pair)**

1 Tbs oil

½ onion

½ tsp ground cumin

500g pumpkin, peeled

1 tsp chicken powder

1 cup hot water

¼ cup cream

**Method**

1. Chop onion. Peel, then dice pumpkin into small cubes.
2. Add chicken powder to hot water to make stock.
3. Heat olive oil in a large saucepan over medium- low heat. Sauté onion for 2 minutes.
4. Add cumin and cook, stirring for 1 minute or until aromatic.
5. Add pumpkin and stir to coat. Add stock, covered and simmer for 15 minutes or until the pumpkin are soft.
6. Use a stick blender to blend until smooth.
7. Add cream. Stir well.
8. Reheat without boiling.
9. Serve hot with garlic toast.

**Garlic Toast**

**Ingredients**

2 Tbs margarine

½ tsp garlic powder

1 tsp minced garlic

1 sprig chopped parsley

2 slices of bread

**Method**

1. Mix margarine, garlic and chopped parsley well together.
2. Spread thinly on both sides of each slice of bread.
3. Toast bread with a toastie maker until brown, approx. one minute.

**Learning Intention**

**To understand how to transform the boring pumpkin to a delicious, nutritious dish.**

1. Explain the importance of uniformity in size when cutting the pumpkin.
2. Define 2 processes that you used today.
3. What adaptions could you make to enhance this dish to suit your palette?