



Roasted pumpkin soup



Created by
Appliance

V-ZUG Ltd.
Combair-Steam SE from 2015

Preparation

1 kg pumpkin, butternut
1 onion, red
1 chilli pepper, red
1 clove of garlic

(Pre-)heat cooking space to 230 °C with Hot air + steaming

Peel the pumpkin and onion and cut into about 3 cm pieces. Halve and deseed the chilli pepper. Press and peel the clove of garlic.

Place the pumpkin, onion, chilli and garlic on the baking tray and put it into the preheated cooking space. Cook.

Put the food in

Hot air + steaming 230 °C for 20 Mins

1 l water
200 ml cream
50 ml olive oil
Salt
pepper

Take the baking tray out of the cooking space and transfer the roasted vegetables to a suitable mixer or blender. Bring the water and the cream to the boil and then add to the mixer or blender along with the olive oil. Blend the mixture, season with salt and pepper to taste.

pumpkin seed oil
pumpkin seeds, roasted

Garnish the soup with pumpkin oil and pumpkin seeds.





Accessories

Baking tray

Mixer or blender

