

“Whole” Pie Pumpkin Soup



Ingredients:

1 whole baking pumpkin

1 apple, peeled, diced

2 tsp vegetable oil

1 cup chicken broth

1 tbsp. unsalted butter

½ cup heavy cream

½ small yellow onion, diced

2 oz. goat cheese

1 tsp kosher salt

Method: pre-heat oven to 375 degrees. Make a lid on the top of the pumpkin by cutting around the stem at a 45 degree angle. Make sure the opening is large enough to work within. Remove the seeds and fibers with a metal spoon. Brush the exterior of the pumpkin and the lid with vegetable oil. Oil a round casserole dish large enough to hold the pumpkin and place the pumpkin inside. Combine the butter, onion, salt, garlic, apples, chicken broth, and heavy cream in the hollow pumpkin. Replace the lid of the pumpkin to cover. Bake for 1` ½ hours. Remove the lid. Add the goat cheese and bake another 30 minutes, uncovered. Remove the pumpkin from the oven, and gently scrape some of the flesh into the soup mixture. Puree with an immersion blender to desired consistency, being careful to avoid the sides and bottom of the pumpkin. Be sure to season to taste after mixed.