

- SKS -

# Pumpkin Coconut Soup

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*source: adapted from juliasalbum.com, serves 6*

2 cups pumpkin puree (from the can)  
2 cups water  
1/3 to 1/2 cup coconut milk  
1 teaspoon (up to 2 teaspoons) red curry paste  
3 or 4 tablespoons honey  
1/4 teaspoon or more cumin  
salt

## FOR TOPPING:

roasted pumpkin seeds  
fresh herbs  
creme fraiche

<sup>1</sup> In a large saucepan, combine pumpkin, water, and coconut milk on medium heat, and stir to combine. Add 1/2 teaspoon of red curry paste, stir to combine. Add honey. Add 1/4 teaspoon of cumin to the soup and season the soup with salt to achieve the desired saltiness. This step is very important: the soup should be generously seasoned with salt which will help bring out the rest of the flavors together.

<sup>2</sup> Once you seasoned the soup with salt, you may add more red curry paste if desired, using 1/2 teaspoon. Using more or less of red curry paste will depend on several factors. First, depending on the brand, some ready curry pastes are spicier than other so you have to be careful

not to make the soup spicier than you want. Second, you might want your soup to be on the spicier side or you may want it to be milder. However, I would not recommend adding more than 2 teaspoons of red curry paste, no matter what brand. This way, Thai flavor is not overwhelming; it just nicely balances with the pumpkin flavor.

<sup>3</sup> Top with toasted pumpkin seeds, fresh herbs and/or creme fraiche.