

Roasted Pumpkin and Chickpea Soup

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 1 hour

Chef's Notes

To see more visually stunning pictures and to read more about Divina's delicious soup, click here on her full post from Sense & Serendipity.

Step 1: Roasting the Pumpkin

- 1 lb pumpkin

Place bowl and wire whisk in the freezer.

Preheat oven to 375 F.

Cut the pumpkin into four pieces. Place them cut side down, on a baking sheet and roast until tender about 30 to 40 minutes.

Step 2: Prepare the Frozen Rosemary Whipped Cream

- 1/2 cup whipping cream
- 1 tsp of freshly chopped rosemary (approx)
- sea salt (to taste)
- white pepper (to taste)

While the squash is in the oven, prepare whipped cream.

Place a small piece size of parchment paper on a plate.

Remove bowl and wire whisk from the freezer. Add the chilled cream to the bowl and whip until stiff. Add the rosemary, sea salt and pepper. Form the whipped cream into quenelles using 2 teaspoons or form into mini rugby balls. Place the shaped whipped cream onto the parchment paper and place in the freezer. Leftover whipped cream can be used for other soups or sauces.

Step 3: Sauteeing the onions

- 2 tbsp extra-virgin olive oil
- 1 large onion

Dice the onions. Heat the oil in a pot. Add the onion and a pinch of sea salt. Sweat until the onions are soft and translucent. Set aside.

Step 4: Cooking the bacon and scraping the pumpkin

- 75 g smoked bacon or pancetta, cut into 1/4 inch strips

In another pan, cook the bacon over low heat until brown but not crispy. Drain over paper towels. Set aside.

By this time, the pumpkin should be tender. Cool the pumpkin slightly. Using a spoon, scrape out and discard the seeds and stringy fiber. Scrape the pulp from the skin. Set aside.

Step 5: Pureeing the soup

- 600 g cooked chickpeas
- 2 tbsp tomato paste
- 4 cups (or more) chicken or vegetable stock
- sea salt (to taste)

Save 1 cup of the chickpeas.

In a food processor or in a blender, puree in batches the squash, onion, broth, tomato paste and the chickpeas. Return the puree to pot with the remaining cup of chickpeas. If necessary, add stock to thin the soup to a desired consistency. Bring to a simmer. Season with salt and pepper to taste.

Warm soup on medium-low heat for 10 minutes to blend flavors and ladle into soup bowls and finish with the frozen rosemary whipped cream and garnish with bacon.