

# CHESTNUT AND PUMPKIN SOUP

By thefloshow.com



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**Preparation :** 5 min - **Resting :** - - **Cooking :** 25 min - **Equipment :** -

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## **Ingredients :** 4

- ½ butternut pumpkin - 1 small onion or 2 échalotes - 1 dash (tbs) of olive oil (or butter) - 350 ml milk (you can replace by water) - 400 g or a can of chestnut puree - 1 tbs of vegetable stock paste - or a cube of vegetable stock - salt and pepper - grated nutmeg - 1 pinch of cinnamon - water to cover - **OPTIONAL:** - 3 tbs crème fraîche or thickened cream - fresh herbs such as oregano, thyme - crushed pink peppercorns

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1. Peel butternut and cut in large cubes.
2. Peel onion or échalotes and chop in half and select EXPERT 20 sec / Speed 13 / no temperature.
3. Pour oil in the Cook Expert's bowl. Fry a little until onion start to brown a little bit. EXPERT 1 min / Speed 3 / 140°C.
4. Tip milk, butternut, chestnut, stock paste or cube, salt and pepper. Cover with water.
5. Choose program CREAMED SOUP (alternative speed at 110°C for 25 mins, then progressively raise the speed until you reach 18).
6. Add cream, mix again, EXPERT 1 min / Speed 18 / no temperature.
7. Check if salty enough, if not, add salt and mix a little bit.
8. Serve in a large bowl or individual bowls. Sprinkle fresh herbs and pink peppercorn. Serve.

Image and recipe by theflowshow.com

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