



Pumpkin Soup with a Curdy Crouton

This soup freezes really well, if there is any leftover.

1 brown onion, roughly chopped
500-1kg of pumpkin, skin removed, deseeded and roughly chopped
2 potatoes (I often use Dutch creams), peeled and roughly chopped
Stock (If I don't have any of my homemade stock on hand, I use 2 chicken stock cubes)
Water
Dash of olive oil or knob of butter

Slice of no-knead homemade bread (see next page)
Curdy
Garnish with chopped coriander or flat leaf parsley

Heat the oil/butter in a heavy based pot if you have one, or a saucepan. Add the onion, being careful not to burn. When the onion is cooked, add the pumpkin and potatoes, add the stock (or cubes) and cover with water.

Bring to the boil and then simmer until the pumpkin and potato are cooked. When cooled, blend into a smooth consistency. If not thick enough, bring back to the boil and reduce.

Toast a slice of bread on a griddle or the BBQ. When charred, spread thickly with Curdy. Season with salt and pepper to your taste. Sprinkle with garnish of choice. To eat, dip the Curdy Crouton into the soup!



No-Knead Homemade Bread

3 cups of flour (I use a combination of plain flour and spelt)

1 tsp yeast

1 tsp salt

1½ cups of warm water

Mix dry ingredients together, then add enough water to allow to come together as a ball. Leave to rise in the bowl for 3-4 hours (or overnight) in a warm location.

Place a cast iron pot with lid in the oven then heat to 200°C. When hot, put the dough in pot with the lid on. Bake for 20 minutes. Remove the lid and bake for a further 10 minutes or until the crust is to your liking. Remove and cool, if you can!