



## Mini Pumpkin Cocottes

**Categoria:** First Courses **Tempo di preparazione:** 15 **Difficoltà:** facile 🕒

### Ingredienti per 4

- 1kg pumpkin
- 2 carrots
- knob of butter
- 10cl cream
- 40cl water
- 1 chicken stock cube
- ground cumin
- ½ tsp salt
- pepper
- salad leaves or watercress to garnish

**Chef: Emma Geoffroy**

*Serve this warming and elegant pumpkin soup at a dinner party with friends – it tastes as good as it looks!*

Serves: **4**

Preparation time: **15 minutes**

Cooking time: **45 minutes**

### Method

Peel the carrots and pumpkin and cut into 2-3cm cubes. Fry in a preheated frying pan with the butter for about 5 minutes. Add the vegetables to a saucepan with the water, chicken stock cube, ground cumin and salt. Cook for about 20-25 minutes until the vegetables soften. Blend and season with pepper. Serve in individual bowls, with a generous swirl of cream and garnish with a few baby salad leaves or watercress.

### Note

You can top the soup with pancetta just before serving. If your soup is too thick, add a



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