

Roasted Pumpkin Soup with Crispy Sage and Pancetta

This is a great winter warmer and the combination of the crispy sage and pancetta garnish add a real savoury and aromatic flavour. If you have any small pumpkins that have not been carved (or butternut squashes) it is fun to serve the soup in the scooped out pumpkin.

Ingredients

- 1 Pumpkin (you should get around 1kg of flesh)
- 2 tbsp of olive oil
- 1 white onion
- 3 cloves garlic
- 1.5 litres vegetable or chicken stock
- 8-10 fresh sprigs of thyme
- 2 tbsp of crème fraiche
- 12 sage leaves
- 100g diced pancetta
- Salt and pepper



Method

Start by coating the pumpkin flesh in olive and season generously. Place the pumpkin on a baking sheet and roast in the oven at 200C for 30 minutes or until slightly brown around the edges.

Once the pumpkin has roasted, dice the onion and sweat in a soup pan for a couple of minutes in a little olive oil and butter. Once the onion is soft, add the garlic and sauté for a further couple of minutes. Now add the roasted pumpkin to the pan, followed by the stock and thyme. Simmer for around 25-30 minutes. Take a hand blender or a food processor and blend the soup until smooth. If it is too thin, place back on the heat and cook further to reduce to the required consistency.

To Finish

Add the crème fraiche to the soup and mix through (leave a small amount aside for drizzling on the top when serving). Now take a small frying pan and fry the cubed pancetta until crisp. Add the sage leaves to the pan and cook for a few seconds on each side until a little crisp, but still green.

Ladle the soup into the bowls and garnish with some of the pancetta and sage, along with a drizzle or swirl of the crème fraiche.