

# Pumpkin Soup with Crab Meat

## Ingredients

Pumpkin	Bay leaf
Crab meat	Cream
Carrots	Fresh milk
Onions	Chicken stock
Olive Oil	Nutmeg

## Seasoning

Salt & pepper



## The Steps

Peel pumpkin & cut into small cubes. Dice carrots & onions.

Heat pan with olive oil, add bay leaf.

Stir-fry carrots & onions until half-cooked. Add in pumpkin cubes, chicken stock & nutmeg.

Simmer till all ingredients are soft.

Put the mixture aside and let it cool.

Remove bay leaf. Transfer mixture to blender.

Blend mixture with more chicken stock to make pumpkin puree.

Heat saucepan and pour the pumpkin puree into it. Add cream & fresh milk. Stir briefly.

Sprinkle crab meat on top.

Garnish with cream & English parsley.

Done!



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## Cooking Tips:

1. Stir-fry carrots & onions before pumpkin to bring out the full flavour of the ingredients.
2. Use cream to adjust the final thickness of the soup.
3. Don't season the soup during the cooking process as the sweetness of pumpkin varies. Season only when served.