



Ellsworth Hill Orchard & Berry Farm



Pumpkin Apple Soup

Ingredients:

For Making Your Own Stock

Seeds and strings from the pumpkin
3 crisp, flavorful apples quartered
3 cups fresh or frozen pumpkin puree
1 head garlic, unpeeled
1 large onion, quartered
Zest of ½ orange
1 ½ teaspoon salt
6 cups water

Soup Ingredients

½ cup apple juice concentrate
1 apple, washed, cored, diced
1 large onion, diced
3 tablespoons olive oil
1 table spoon curry powder
5 cups stock (ours, chicken, etc..)
3 cups pumpkin puree
1 cup evaporated milk (or ½ and ½)
Paprika

Preparing Stock: Place all ingredients in stock list above in a large pot and bring to a boil. Turn heat down and simmer covered for 45 minutes. Let stock cool for about 30 minutes. Strain and discard solids. Measure out 5 cups (if less, add water; if more, use it.)

Preparing Soup: Sauté onions in olive oil for about 3 minutes. Add the diced apple and sauté for 2 more minutes. Sprinkle with curry powder and sauté for one minute longer. Remove from heat and set aside. Put half the onion/apple sauté in a large pot. Add the pumpkin/apple stock and pumpkin puree. Bring this mixture to a boil, turn down heat and simmer gently for 10 minutes. Stir occasionally. While that is simmering, put the other half of the onion/apple sauté and the apple juice concentrate in a food processor or blender. Process both until smooth. Add to the soup in the pot. Add evaporated milk and continue cooking until the soup is very hot. Do not boil again. Serve the soup garnished with a spoonful of the apple/onion sauté and a dash of paprika. Makes about 6 servings.