



## *The Edible Garden*

Recipe featured at the *Garden-to-Table Festival Weekend* demonstration,  
October 9

### **Pumpkin Maple Soup with Autumn Spiced Pumpkin Seeds**

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#### **Ingredients** (Serves 8)

##### *for soup*

- 2 tablespoons butter
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 large onion, chopped
- 1 (2-pound) pumpkin peeled, seeded, chopped (about 6 cups)
- 6 cups vegetable broth
- 3 whole cloves
- 2 teaspoons cinnamon
- 1 teaspoon all-spice
- ½ teaspoon grated fresh nutmeg
- ½ cup whipping cream
- ¼ cup maple syrup

##### *for garnish*

- Autumn Spiced Pumpkin Seeds (recipe below)
- Cranberry Sage Pecan Pesto (recipe below)
- Red Basil Ginger Almond Cinnamon Pesto (recipe below)

#### **Instructions for soup**

1. Melt butter in a Dutch oven over medium-high heat. Add the carrots, celery, and onion. Sauté until tender, about 8 minutes. Add the pumpkin, 6 cups of stock, cloves, cinnamon, allspice, and nutmeg. Cover and simmer until pumpkin is very tender, about 25 minutes.
2. Discard cloves. Puree the soup in batches in a blender. Return the pureed soup to the Dutch oven. Stir in the cream and maple and bring to simmer. Season to taste with salt and pepper.
3. Garnish with a pesto sauce or spiced pumpkin seeds (see recipes below).

This recipe can be made one day ahead. Bring to simmer before serving and thin with more stock, if desired.

*For the Autumn Spiced Pumpkin Seeds:*

## **Ingredients**

½ cup pumpkin seeds, toasted  
2 tablespoons butter, melted  
½ tablespoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon ground ginger  
¼ teaspoon allspice

Toss warm pumpkin seeds with butter and spices. Let cool on a sheet tray.

### *For the Cranberry Sage Pecan Pesto:*

## **Ingredients**

2 cups fresh sage leaves  
1 cup cranberries  
½ cup pecans, toasted  
1 cup walnut or pecan oil  
Salt

Place all ingredients in blender and mix well until everything is incorporated. Season with salt to taste.

### *For the Red Basil Ginger Almond Cinnamon Pesto:*

## **Ingredients**

2 cups fresh red basil leaves  
1 tablespoon fresh ginger, chopped  
½ cups almonds, toasted  
½ teaspoon cinnamon  
1 cup almond oil  
Salt

Place all ingredients in blender and mix well until everything is incorporated. Season with salt to taste.