

Pumpkin and Jerusalem Artichoke Soup Workstation:3

Equipment

Chopping board
Non slip mat
Knives
Large Saucepan
Wooden spoon
Hand held blender
Serving bowls

Ingredients

1 tablespoon olive oil
2 onion, chopped
8 garlic cloves, chopped
700 grams peeled pumpkin diced
600 grams Jerusalem artichokes, diced
2 ½ litres water
pepper and salt

Method

1. **Chop** onion, garlic and pumpkin
2. **Heat** the oil over a medium heat
3. **Add** the onion and garlic.
4. **Cook** for about 5 minutes until softened,.
5. **Add** pumpkin and **stir** well
6. **Add** water and bring to the boil, then **cover**, reduce the heat and simmer for about 20 minutes until the vegetables are tender.
7. Season to taste
8. **Blend** until smooth using a hand- held blender
9. Divide into serving bowls