



UNIT 8 - Recipe 11

Pumpkin and Coconut Soup

for 4 persons

Quantity / Ingredients:

400 g hokkaido pumpkin,
cleaned and diced
60 g carrots, cleaned and diced
20 g onion, diced
20 g ginger, finely diced
20 g 4 cloves garlic (peeled)
40 g 4 tsp olive oil
0.5 l vegetable stock
200 ml coconut milk
3 g curry powder
10 g pumpkin seeds, roasted
salt / pepper
2 cl soy sauce, light
½ organic lemon, juice and zest
Coriander & herbs to garnish
Popcorn (Provencal herbs, chopped)

Preparation:

- Peel and dice the pumpkin, carrots, ginger, garlic and onions and sauté in olive oil.
- Pour in the vegetable stock and cook for about 25-30 minutes until soft.
- Puree finely with a hand blender, passing through a sieve if necessary.
- Stir in the coconut milk, season with salt/pepper, soy sauce and lemon juice. Heat again.
- Garnish with herb popcorn, roasted pumpkin seeds and coriander leaves.





Co-funded by
the European Union



Co-funded by
the European Union

"Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them."

"Von der Europäischen Union finanziert. Die geäußerten Ansichten und Meinungen entsprechen jedoch ausschließlich denen des Autors bzw. der Autoren und spiegeln nicht zwingend die der Europäischen Union oder der Europäischen Exekutivagentur für Bildung und Kultur (EACEA) wider. Weder die Europäische Union noch die EACEA können dafür verantwortlich gemacht werden."



This document was created as free learning and teaching material (Open Educational Resource) and is licensed under Attribution-NonCommercial-ShareAlike 4.0 International. To view a copy of this license, visit <http://creativecommons.org/licenses/by-nc-sa/4.0/>

Dieses Dokument wurde als kostenloses Lern- und Lehrmaterial (Open Educational Resource) erstellt und unterliegt der Lizenz „Namensnennung – Nicht kommerziell – Weitergabe unter gleichen Bedingungen 4.0 International“. Eine Kopie dieser Lizenz finden Sie unter: <http://creativecommons.org/licenses/by-nc-sa/4.0/>



Deaf Chefs
Learning the Vegan Cuisine

2024-1-DE02-KA220-VET-000254897