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Pumpkin Soup with Coconut

Ingredients:

- 26 oz canned or fresh pumpkin (pureed)
- 1 small onion
- 1 clove of garlic
- ¼ cup coconut flakes
- 4 tbsp Brassola Canola Kernel Oil
- 2 ½ cups of vegetable stock
- ¾ cup heavy cream
- salt to taste
- ginger to taste
- curry to taste
- 1 teaspoon sugar
- 3.5 oz sour cream
- parsley for garnish



Preparation:

Press garlic and sauté in Brassola Canola Kernel Oil for 2-3 minutes. Add pumpkin, coconut flakes and vegetable stock and simmer for an additional 10 minutes. Using blender or stick blender, puree the soup to reach desired consistency. Add cream and season with salt, ginger, curry and sugar. Simmer for another 10 minutes, adding spices as necessary. Serve with a dollop of sour cream and garnish with parsley flakes.