

Malagasy Pumpkin Soup

Season:

Type: Madagascan soup

Difficulty: 

Serves: 6

Fresh from the garden: onion, tomatoes, pumpkin, garlic, spring onions, coriander.

Equipment:	Ingredients:
Measuring cups and spoons	3 Tblsp oil
Chopping boards and mats	1 onion, chopped
Large saucepan	¾ cup tomatoes, chopped
Wooden spoon	3 cups pumpkin, chopped
Ladle	2 ¼ cups water
Potato masher	3 garlic cloves, grated
	2 spring onions, thinly sliced
	Fresh coriander leaves (for garnish)
	Salt and pepper

Method:

- Heat oil in a large frying pan.
- Add onion and sauté for three minutes.
- Stir in tomatoes.
- Cook until tomatoes reduce to make a thick sauce, about ten minutes.
- Add pumpkin and water.
- Bring to a simmer and cover.
- Cook over medium heat for about ten minutes, or until pumpkin is tender.
- Reduce heat. Mash mixture with a potato masher until smooth.
- Stir in garlic and spring onions.
- Simmer for about five minutes.
- Garnish with coriander leaves.