

Ginger, Pumpkin & Red Lentil Soup

From "*Victoria Sings*" provided by Catheryn Menyhart

3 Med. Pumpkins

3 large Red Capsicums.

Fresh Ginger- I used about 2" x1" by about 1" thick.

1 kilo Red Lentils

2 Tablespoons Vege Stock Powder.

2 Cans Coconut Cream

2 dessertspoon. Cardoman Seeds

1 teaspoon Grnd Nutmeg

1 teaspoon Sweet Paprika

6 whole Cloves.

1 tablesp Sweet Chilli Sauce.

1 teaspon Salt and pepper to taste.

Now, this is for catering purposes so you'll have to reduce for home use.

Method

Sweat diced Red Caps in olive oil with hand grolrnd Cardoman Seed, and Diced Ginger. Then add roughly chopped Pumpkin, Coconut Cream, Spices, Chilli Sauce and Stock with 6 cups of water. (I just use the can from tlre coconut cream)

Cook pumpkin until soft then mash with a blender or potato masher. Add Lentils (rinsing first), then add enough water to make either thin/thick broth.

Keep stirring lentils OFTEN as they will sink to bottom and burn. Add water whilst cooking if needed. Cook for approx 30/40mins, stirring, stirring, stirring. Give it the taste test and add a little more of the spices if needed.