

Hokkaido Pumpkin Soup

Creamy Hokkaido pumpkin soup with roasted vegetables. Easy 30-minute recipe with rich, velvety texture. Perfect autumn comfort food.

10 min

PREP

20 min

COOK

30 min

TOTAL

6

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 pumpkin
- 2 potato
- 1 onion
- 1 carrot
- 1 pack heavy cream
- 3 tbsp olive oil
- 1 clove garlic
- 1 tsp salt
- 1 tsp black pepper

Instructions

1 Prepare the pumpkin

Preheat oven to 180°C (356°F). Place the whole Hokkaido pumpkin on a baking sheet and roast for 7-8 minutes until the skin begins to soften and can be easily pierced with a knife.

2 Prepare the vegetables

Remove pumpkin from oven and let cool for 5 minutes until safe to handle. Cut the pumpkin into 2-inch cubes, leaving the skin on. Dice the 2 onions, 1 potato, and 1 carrot into ½-inch pieces. Mince 1 clove of garlic.

3 Sauté the aromatics

Heat 3 tablespoons of olive oil in a large pot over medium heat. Add the diced onions and cook for 3-4 minutes until they begin to soften and turn translucent.

- 4 Add the minced garlic, diced potato, and diced carrot to the pot. Cook for 2-3 minutes, stirring occasionally, until the garlic is fragrant.
- 5 Add the cubed pumpkin to the pot and stir to combine. Cook for 3-4 minutes until all vegetables are lightly coated with oil and heated through.
- 6 **Simmer the soup**
Add enough water to cover the vegetables by 2 inches. Season with 1 teaspoon salt and 1 teaspoon black pepper. Bring to a boil over high heat.
- 7 Reduce heat to medium-low and simmer for 20-25 minutes until all vegetables are very tender and easily pierced with a fork.
- 8 **Blend and finish**
Remove pot from heat and use an immersion blender to puree the soup directly in the pot until completely smooth, about 2-3 minutes. If using a regular blender, carefully transfer soup in batches and blend until smooth.
- 9 Stir in 1 pack of cream and return pot to low heat. Cook for 5 minutes, stirring occasionally, until heated through. Taste and adjust seasoning with additional salt and pepper as needed. Serve hot.

Tips

Pre-roast the Hokkaido pumpkin for 7-8 minutes at 356°F before cutting to soften the hard skin and make it easier to cube safely.

Don't peel the pumpkin - the skin is edible, nutritious, and adds beautiful color and flavor to the soup when cooked.

Use a large, sharp chef's knife when cutting the raw pumpkin, and work slowly and carefully as the skin can be quite tough initially.

For deeper flavor, use chicken or vegetable stock instead of water, and consider adding fresh herbs like thyme or sage in the last few minutes of cooking.

Taste and adjust seasoning after blending - the pumpkin's natural sweetness may require balancing with salt or a pinch of pepper.

If the soup is too thick after blending, thin gradually with stock or water until you reach your preferred consistency.

For extra richness, reserve some cream to swirl on top as garnish, and toast pumpkin seeds with a little salt for a crunchy topping.

Store leftover soup in the refrigerator for up to 5 days, and reheat gently over low heat to prevent the cream from separating.