

Hokkaido Kabak Çorbası

Creamy Hokkaido pumpkin soup recipe with roasted vegetables. Healthy, warming winter soup perfect for cold days. Easy 30-minute recipe with tips.

10	20	30	6	Easy
HAZIRLIK DK	PİRME DK	TOPLAM DK	PORSİYON	ZORLUK

Hokkaido Kabak Çorbası

Malzemeler

- 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

Yapılışı

- Prepare the oven and pumpkin**

Preheat oven to 180°C (356°F). Place 1 whole Hokkaido pumpkin on a baking sheet and roast for 7-8 minutes until the skin softens slightly for easier cutting.
- Prepare the vegetables**

Remove pumpkin from oven and let cool for 2-3 minutes. Cut pumpkin into 2-inch cubes, keeping the skin on. Dice 2 onions, 1 potato, and 1 carrot into uniform 1-inch pieces. Mince 1 clove of garlic.
- 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 start to soften and become translucent.
- Add the vegetables**

Add the minced garlic, diced potato, and diced carrot to the pot. Cook for 5-6 minutes, stirring occasionally, until the vegetables begin to soften around the edges.
- Add the pumpkin**

Add the cubed pumpkin to the pot and stir to combine. Cook for 2-3 minutes until the pumpkin pieces are heated through.
- Simmer the soup**

Add enough water to cover all vegetables by 2 inches. Season with 1 teaspoon salt and 1 teaspoon black pepper. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 20-25 minutes until all vegetables are completely tender when pierced with a fork.

7 Blend the soup

Use an immersion blender to puree the soup directly in the pot until completely smooth and creamy, about 2-3 minutes. Alternatively, carefully transfer soup in batches to a regular blender and puree until smooth.

8 Finish and serve

Stir in 1 pack of cream and simmer gently for 5 minutes until heated through. Taste and adjust seasoning with additional salt and pepper as needed. Serve hot, garnished with a drizzle of cream or toasted pumpkin seeds if desired.

?puçlar?

Pre-roast the whole Hokkaido pumpkin for 7-8 minutes at 180°C before cutting to soften the tough skin and make it easier to handle safely.

Store Hokkaido pumpkins in a cool, dry place where they can stay fresh for several months. Test ripeness by tapping - a hollow sound indicates maturity.

Use a large, sharp knife when cutting the pumpkin and work slowly for safety. The skin is edible and nutritious, so there's no need to peel it completely.

Add fresh herbs like thyme, sage, or rosemary during the last few minutes of cooking to preserve their bright flavors and aromatic oils.

For extra depth of flavor, use vegetable or chicken stock instead of water. The additional seasoning will enhance the overall taste of the soup.

Substitute coconut cream for dairy cream to create a vegan version with subtle tropical notes that complement the pumpkin's natural sweetness.

Garnish with toasted pumpkin seeds, a drizzle of cream, fresh herbs, or a sprinkle of warming spices like cinnamon or paprika for visual appeal.

Cook the soup over low heat after adding cream to prevent curdling, and stir gently to maintain the smooth, velvety texture.