

# Spezialitads dal Grischun

---



## PUMPKIN SOUP

*An invigorating soup for cold autumn and winter days*

### Ingredients

#### Serves 4

1 leek, darker part of leaves removed, finely chopped  
1 tbsp. butter  
600g pumpkin or squash, e.g. Butternut, diced  
400-500 ml water  
Salt or stock, according to taste  
100 ml cream

#### Herb salad

1 cup mixed herbs, e.g. parsley, chives, coriander and mint, with leaves coarsely chopped  
1 small carrot, peeled, grated  
1 cucumber, peeled, finely diced  
Lemon juice  
A little olive oil

4 minipics, sliced, briefly fried

### Preparation

- Sauté leek in butter until translucent. Add pumpkin and sauté while stirring. Cover with water and bring to boil then add seasoning.

Cover and simmer on low heat for 20–30 minutes.

- Mix soup and bring to boil again. Refine with cream then simmer briefly.
- Herb salad: Mix herbs, carrot and cucumber. Add lemon juice and olive oil to taste.
- To serve: pumpkin soup with minipics and herb salad.

Delicious recipe ideas and creative videos for you to cook on [www.minipic.ch](http://www.minipic.ch)