

Spicy Pumpkin Soup

- 2 tsp. Butter
- 1 tsp. Cinnamon, ground
- 1 ea. Orange, zest
- 2 ea. Shallots, minced
- 1 lg. Onion sweet, sliced
- 1/2 c. Orange juice
- 1 lg. can Pumpkin
- 1 ea. Scotch Bonnet Pepper, washed,
leave whole with stem
- 2 qts Chicken Stock, hot; divided
- 2 whole Cinnamon Sticks, rub sides against
grater to open up the flavor
- Salt and Pepper



1. Heat sauce pot (enameled preferred), add butter (making sure it doesn't burn), and add onions, shallots, orange zest and allow them to sweat.
2. Add a touch of salt once onions are sweated. Add orange juice and reduce a little.
3. Add pumpkin and sweat a little until the mixture comes to a simmer, careful not to scorch it
4. Add 1 1/2 quarts chicken stock, bring to boil.
5. Add cinnamon sticks and pepper. Taste and season with salt, if needed.
6. Simmer for 20-25 minutes. Taste and season with salt again, if needed.
7. During the simmering process, impurities will rise to the surface.



8. Remove the impurities with a spoon into a small bowl of water.



9. Stir the soup and frequently check consistency.

10. If the soup becomes too thick, add a little more chicken stock.

11. When pepper is tender, remove and reserve. If you like it spicier, you might want to add a tiny bit of the pepper, (minced) to the soup for a little more kick..



12. Remove cinnamon sticks. Place mixture in blender and puree to a very smooth consistency. Taste and add more of the pepper, if desired.



13. Sprinkle with "Popped Amaranth Crunch" (recipe at www.cookingfortransformation.com) and enjoy. CHEF'S TIP: Add a little more scotch bonnet pepper to the center of the bowl to garnish..

