

ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

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PUMPKIN SOUP IN ITS OWN SHELL

1 five lb. pumpkin (if smaller or larger, adjust the amount of liquid)

Cut a lid off the top, scoop out the seeds and stringy parts, and rub the inside flesh with salt. Set the pumpkin on a large roasting pan.

1 quart chicken or vegetable stock

1 quart milk or soy milk

½ cup fresh sage leaves (use less if dried)

3 tbsp chopped garlic

2 tsp. sea salt

Pepper to taste

Roast garlic cloves whole in oven or covered pan on low heat, until soft.

Combine with liquid and spices in a large pot, mashing the cloves and heating carefully so as not to burn the milk. When the pumpkin is ready, fill with the liquid and replace the lid, putting a sheet of foil between the pumpkin and its top so it doesn't fall in. (If you accidentally destroyed the lid while hollowing the pumpkin, just cover with foil.) Bake the filled pumpkin at 375° for 1-2 hours, depending on the thickness of your pumpkin. Occasionally open lid and check with a spoon, carefully scraping some inside flesh into the hot liquid. If the pumpkin collapses or if the flesh is stringy, remove liquid and flesh to a blender and puree. With luck, you can serve the soup in the pumpkin tureen.

