

Mel's Pumpkin Cranberry Soup

1 sugar pumpkin
1 bag fresh cranberries
1-tablespoon ground cinnamon
1-teaspoon nutmeg
1/2 oz candied ginger
Apple cider
Champagne
Whipped cream

Take a sugar pumpkin cut off the top and scoop out the inside. Fill the pumpkin with cranberries and spices. Place on a baking sheet fill with apple cider and bake at 400 f until soft (about 45 mins) place the filling from the pumpkin and the pumpkin meat in a food processor and puree. Add 2oz of champagne to each bowl of soup before serving and top with whipped cream and a sprinkle of nutmeg on top.
(I just made a bowl of this myself and can't stop eating it.)

A sugar pumpkin is smaller then the big pumpkins and are often used as jack-o-lanterns. A sugar pumpkin will not larger then 8 inches around and average 4-6 inches in size and has a deep orange or almost red color. Most supermarkets will identify the small pumpkins as sugar pumpkins. The sugar pumpkins are less fibrous and have higher natural sugar content. When you get the rich pumpkin flavor that is most often a sugar pumpkin - when the pumpkin tastes like a squash then it is another variety. When the grower's breed pumpkins for size rather than taste they become more fibrous to support the size and the natural sugars decrease. What you get in a quality canned pumpkin pie filling is generally made from a sugar pumpkin. (When you read the label and it says sugar or corn syrup added you know you are not buying quality) A sugar pumpkin tastes like a desert rather than a vegetable.

MEL TYE
9 Riverside Dr
Merrimack, NH 03054
800 374 6810