



# Roast pumpkin and pomegranate soup

Smooth velvety and sprinkled with za'atar spiced croutons, this recipe for roast pumpkin and pomegranate soup by Danielle Oron of [I Will Not Eat Oysters](#), is our pick for welcoming in soup season.

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## what you'll need

1 butternut pumpkin  
1 brown onion, cut into large chunks  
1 large carrot, peeled and cut into large chunks  
7 leaves sage  
4-6 sprigs fresh thyme  
3 cloves garlic  
3-4 Tbsp olive oil  
4 1/2 cups chicken stock or vege stock  
1/4 tsp cumin  
1 1/2 tsp salt  
2 tbsp unsalted butter  
1 pita  
1 1/2 Tb olive oil  
1 1/2 tsp Za'atar, optional  
1/2 tsp Maldon salt or other coarse salt  
1 pomegranate, seeded  
Sour Cream

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Autumn (fall to some), is here and if that doesn't herald the start of soup season then nothing will. So bring on crisp nights of soup dinners and dare we say it, a good lazy/track suit/onezie in which to eat them.

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- 1.**  
Pre-heat oven to 210°C.
- 2.**  
For the soup, peel the entire squash and cut in half lengthwise. Scoop out the seeds and pulp with a spoon. Cut the squash into large chunks, about 1 1/2 inches thick.
- 3.**  
In a large bowl, toss the squash, onions, carrots, sage, thyme, and garlic with the olive oil and season generously with salt.
- 4.**  
Place the squash, etc. on a large sheet pan. *One layer please! No overlap or else it will steam!*
- 5.**  
Roast in the pre-heated oven for 25-30 minutes. You want to give the veg colour! *Don't be afraid! Color equals flavor!*
- 6.**  
Optional: If you see that the squash could use a bit more color, turn the boiler on high for 5-8 minutes to really give it a boost.
- 7.**  
Transfer the squash, etc. into a large heavy bottomed pot. *Remove the thyme sprigs!*
- 8.**  
Pour the stock over and turn the heat to high.
- 9.**  
Once the soup has reached a boil, turn the heat down to low and simmer for 30 minutes.
- 10.**  
Turn the heat off and let the soup cool slightly.
- 11.**  
Using an immersion blender, puree the soup until you reach your desired smoothness. I like it with a slight chunky texture. You can also do this in a

stand blender.

**12.**

Add the cumin and season with salt. Make sure to *taste* before over salting!

**13.**

Add in the butter and mix. This will give the soup a little bit of luxury. ooh la la.

**14.**

Now for the pita croutons, pre-heat oven to 200°C. Line a sheet pan with tin foil.

**15.**

Rip apart the pita into medium to small sized pieces. *Don't cut them with a knife.* Rip them.

**16.**

Toss the pita in a bowl with the olive oil, za'atar, and salt.

**17.**

Spread in an even layer on the sheet pan and toast in the oven for 10 minutes until golden brown and crisp.

**18.**

Warm the soup gently over the a medium-low flame. Ladle out the soup into each bowl. Dollop the sour cream in 2-3 spots in each soup bowl. Don't over do the sour cream. It's just a touch. Using a skewer or a butter knife, swirl the sour cream into the soup.

**19.**

Top with a few pita croutons and pomegranate seeds. Enjoy right away!

### **ABOUT THE AUTHOR**

*Chef, owner of Moo Milk Bar in Toronto, photographer, and author of food blog [I Will Not Eat Oysters](#). Danielle Oron has an obsession with food. You won't find a lot of little dainty food penned and photographed by her. She loves a good family style meal. Her Israeli and Moroccan background definitely comes through in her cooking along with the classic French techniques she was taught at The French Culinary Institute (now the International Culinary Center). She also think I was Korean in another life. You'll see lots of influence from there as well. Eat well, invite friends over, feed the family, and enjoy food.*

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