

Spicy Pumpkin Chowder

Compliments of Chef Karen, Little Cayman Beach Resort

Makes approximately 1 gallon | Serves 6-12 (dinner or appetizer portion)
Preparation time 1 to 1-1/2 hours

Ingredients

1 medium onion chopped	1/4 large pumpkin scooped and peeled or 1 to 1-1/2 cups canned pumpkin
1-1/2 cloves garlic finely chopped or crushed	2-1/2 pints chicken or vegetable stock
Dash of ground ginger	Small handful of chopped parsley (optional)
Dash of ground cinnamon	1/2 cup heavy cream (optional)
1/2 teaspoon curry powder	1 teaspoon olive oil
1/4 teaspoon ground nutmeg	Salt and pepper to taste
3/4 teaspoon brown sugar	



Instructions

1. Heat olive oil on low heat in large saucepan or soup pot. Add onion and garlic, sautéing until onion is translucent.
2. Add spices and sugar. Cook about 4-5 minutes, ensuring that the onion and garlic are well coated.
3. Add roughly chopped pumpkin (or canned) to the pot and coat in the spices.
4. Add stock and bring to boil.
5. Reduce heat and simmer for about 30 minutes or until pumpkin is tender.
6. Remove from heat and blend in food processor or with a stick blender.
7. Add cream and chopped parsley if desired.
8. Season to taste with salt and pepper.

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