



Food for Thought
A Life in Four Courses

Annette's Caribbean Pumpkin Soup



“I love to cook and I could spend the whole day in the kitchen! This is one of my favourite Caribbean recipes that I cook here in Scotland. I was always taught that if you cook with love it just brings it all together.”

ANNETTE WEST, FOOD FOR THOUGHT PARTICIPANT

Ingredients

2 onions
1 tablespoon butter
450g pumpkin
1/2 cup of split peas
Sprig of fresh thyme
200ml of chicken stock
Salt and pepper to taste

Method

Slice the onions and lightly fry in butter.
Peel and cut the pumpkin and add with the rest of the ingredients to the onions.
Add the stock and simmer for about 1 hour.
Blend and serve.

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