

# PUMPKIN SOUP

In autumn and winter, we always have lots of pumpkins in the house, and even if we are all stocked up, I often can't resist bringing more home from the market. I also often receive them as gifts, so you can imagine the mountain of pumpkins that piles up in October. I roast them, make a mash out of them, use them in salads. The most popular pumpkin dish I make is this soup; it's a firm favorite with the kids. I try my best to cook healthy food for my family, and serving this soup always makes me feel like a good mom.



**IN A LARGE POT**, heat the olive oil over medium heat. Add the shallots and garlic and cook until lightly golden, 4 to 5 minutes. Add the pumpkin and parsnips, season with salt and pepper, and cook for 8 minutes.

Pour in the milk and vegetable stock and bring to a boil. Lower the heat, cover, and simmer until the vegetables are tender, 15 to 20 minutes.

Purée the soup in batches in a blender, adding a little bit of milk or water if the soup is on the thick side. Season with salt and pepper.

Mix together the crème fraîche, walnuts, and chives.

Divide the soup among bowls and top each with a spoonful of the crème fraîche mixture and a sprinkling of chives.

## SERVES 4 TO 6

2 tablespoons extra-virgin olive oil

6 shallots, thinly sliced

3 garlic cloves, thinly sliced

1½ pounds/600 g pumpkin, peeled, seeded, and roughly chopped

5 ounces/150 g parsnips, peeled and chopped

Fine sea salt and freshly ground black pepper

2 cups/475 ml whole milk, or more if needed

1¼ cups/300 ml vegetable stock

¾ cup/180 ml crème fraîche

⅓ cup/60 g walnuts, coarsely chopped

A few fresh chives, finely chopped, plus more for serving