

Pumpkin and Coriander Soup

1/2 to 1 JAP pumpkin, cut into cubs

2 tbsp of macadamia oil

1 large brown onion, diced

1 stick of finely diced celery

2 cloves of garlic smashed or crushed

2 tsp of turmeric

3 tbsp of grated fresh ginger

200mls of coconut milk

1 bunch of fresh coriander, remove the leaves of the coriander with kitchen scissors and by hand.

1 litre of 'Pacific' or 'Campbell's' vegetable stock

Place a large pot onto medium heat and add oil into pot, then add the onion, celery, garlic, turmeric and ginger and let cook for a few minutes. Add the cubes of pumpkin and stock and bring to boil. Turn the heat down to simmer and put the lid on. Checking intermittently that too much liquid does not evaporate. If necessary add in coconut milk earlier if you need more liquid. Add the coriander. Save a little coriander to add fresh on each bowl later. Once the pumpkin is very soft add in the coconut milk and then turn off the heat and let cool.

Blend the soup by putting it into a blender or by using a hand help mixer. I find a hand held blender is less messy for soups in pots,

just don't lift it to high towards to surface. Re-heat on stove to serve when served into individual bowls sprinkle fresh coriander on top.

Serves 4

This soup is warming for those with cold constitutions.

It is also suitable for those with poor digestion as it has been cooked on a low heat for a long time, as well as containing many warming herbs to stimulate the fire of the digestive system. It is good for spleen deficiency, which results from excess worry.

Most soups are good for those who are recovering from illness and poor health.

It is also wonderful for anyone with cancer as poor digestion will be present and turmeric is a proven anti-cancer agent.

Due to the turmeric, ginger and celery it is a wonderful anti-inflammatory and great for those with chronic inflammatory conditions such as arthritis.

Due to the garlic it will assist in lowering high cholesterol