



Greenmarket Recipe Series

PUMPKIN BISQUE

By: Chef David Stample

Ingredients:

- 2 cups pumpkin, butternut squash or sweet potato
- 2 tablespoons olive oil
- 1 ½ cup diced shallots
- 3 ½ cups vegetable stock
- 5 cloves garlic
- 5 aji dulce peppers, chopped
- 1 ½ teaspoon maple syrup
- ¼ teaspoon cayenne pepper
- ½ teaspoon sea salt
- Cracked black pepper, to taste

*** *Ingredients available seasonally at your neighborhood Greenmarket***

Instructions:

1. Roast pumpkin at 375 for 30 minutes until tender.
2. Sauté onions and garlic over medium heat in olive oil until translucent.
3. Using a high-speed or immersion blender, combine pumpkin, onions and garlic, stock, maple syrup and spices and blend until smooth.
4. Warm soup in saucepan. Serve hot, garnish with pumpkin seeds and drizzle of pumpkin seed oil, if desired.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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