

Roast Vegetable and Garlic Soup



Ingredients

- 1kg pumpkin, seeds removed, chopped into large chunks
- 4 medium parsnips
- 2 large carrots
- 1 large sweet potato, chopped into large chunks
- 1 large brown onion
- 2 whole bulbs garlic
- 1/2 bunch fresh sage leaves
- 4 thick slices sourdough bread
- 1 tsp salt
- 1.5 litres good quality chicken or vegetable stock
- 2 tbsp sour cream
- 100g goats cheese, crumbled
- 1 tsp smoked paprika

Directions

Step 1 – Heat the BBQ to medium heat (180°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, set up the BBQ for indirect cooking with a trivet and convection tray.

Step 2 – Prepare the vegetables. Cut the pumpkin into thick slices and remove the seeds. Wash and then top and tail the parsnips and carrots. Wash the sweet potato and chop into large chunks. Cut the top off



the onion and garlic bulbs. Drizzle a little olive oil into the top of the garlic bulbs and wrap together in aluminium foil.

Step 3 – Place the vegetables into the BBQ away from direct heat and close the lid. Roast the vegetables for at least half an hour, removing the vegetables once they are browned and softened. Ensure the garlic bulbs roast for around 45 minutes to completely soften.

Step 4 – Pick the sage leaves and then coat them in olive oil before roasting them over direct heat for 5 minutes or until crisp. Brush the sourdough slices liberally with olive oil and bake over direct heat until crisped and brown.

Step 5 – In a large stock pot, bring the chicken or vegetable stock to the boil. Remove the skin from the pumpkin. Squeeze the onion flesh out of the skin, squeeze the garlic flesh from the bulbs. Add all of the vegetables to the stock with the salt, bring back to the boil then reduce the heat and simmer for 15 minutes.

Step 6 – Add the sour cream to the soup and blitz everything together until the soup is smooth. Season to taste.

Step 7 – To serve, top the soup with the crumbled goats cheese, crispy sage leaves, chunks of sourdough bread, and a sprinkling of smoked paprika.

