

FoodSense *with Chef Feker*

Chef Feker's Ginger Pumpkin Soup with Herbed Cranberries

Serves: 6

Ingredients

6 cups vegetable or chicken stock (homemade preferred)
2 Tbsps butter
2 Tbsps olive oil
2 cups pumpkin puree (sodium free)
1 cup brown sugar
1 cup thinly sliced green onion
1 clove garlic, minced
1½ tsps kosher salt
2 tsps fresh grated ginger
5 peppercorns, crushed
½ cup heavy cream
1 tsp flat-leaf parsley, chopped fresh
1 tsp sage
Zest of 2 oranges
1 cup cranberries
1 Tbsp sugar

Directions

In a saucepan, heat olive oil on high, reduce temperature then add ¼ cup of green onions, garlic, half of the parsley and sage, half of the ginger and saute for 2 minutes at a low temperature.

Add pumpkin, brown sugar, salt and fresh cracked pepper and continue sautéing on medium heat for another 2 to 3 minutes.

Add the stock and bring to a boil. Reduce heat and simmer uncovered for another 10 minutes.

Combine the orange zest, sugar, cranberries and the remaining onion, parsley, sage and ginger. Sauté in the melted butter in a separate pan on low heat. Keep warm by covering the pan.

Blend the pumpkin mixture to a fine puree. Heat pureed mixture to desired temperature, reduce heat. Stir in heavy cream and simmer uncovered for 2 to 3 minutes.

Garnish with cranberry mixture and serve hot with some crusty bread like a baguette or ciabatta.

About Chef Michael Feker

Michael Feker is a passionate man who spreads that passion and joy of cooking and eating healthy meals through his roles as chef, restaurateur, television personality, culinary schoolteacher, culinary director and consultant, caterer, and cooking demonstration chef. Meet Chef Feker www.cheffeker.com and learn about his two restaurants, Zesti and Il Mito.



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