

Pumpkin Rarebit Soup

4-5 servings

- 500g cooked pumpkin
 - 250 ml stock or water
 - 375 ml light beer or ale
 - generous 150g chopped onions
 - 2 Tbsp. butter
 - 3/4-1 tsp. salt
 - 2-3 medium sized garlic cloves, crushed
 - 1 Tbsp. Worcestershire sauce
 - freshly ground black pepper and cayenne pepper to taste
 - generous 83g grated cheddar cheese
1. Cut the pumpkin in half, from top to bottom (not side to side), then remove the seeds and stringy bits. Next, place both halves cut side down on an aluminium foil lined baking sheet and place in a preheated oven (190° C) for about an hour or until soft.
 2. Using a blender or food processor, purée the pumpkin in the stock. Combine with beer or ale in a heavy saucepan. Heat just to boiling. Partially cover, and let simmer while you:
 3. Sauté the onions and garlic with salt in butter. Keep these cooking until the onions are very well done, just this side of Brown. (Keep the heat low, and let the onions render gradually.)
 4. Add the onions (scraping the pan well) to the simmering pumpkin purée. Add remaining seasonings and cheese. Stir well, and let it simmer, partially covered another 20-30 minutes.