



Savory Pumpkin Pie Soup with Cinnamon Marshmallows, Pepita Streusel, and Whipped Crème Fraîche

READY IN



45 min.

SERVINGS



8

CALORIES



480 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 peppercorns whole black
- ☐ 2 stalks celery diced
- ☐ 1 stick cinnamon
- ☐ 1 cup crème fraîche
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 inch ginger fresh cut into 4 pieces
- ☐ 5 cloves garlic thinly sliced

- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 1 teaspoon kosher salt
- ☐ 1 medium leek diced white green washed and (and pale parts only)
- ☐ 0.5 cup brown sugar light packed
- ☐ 0.5 cup marshmallows mini
- ☐ 0.5 teaspoon nutmeg freshly ground
- ☐ 1 medium onion diced
- ☐ 45 ounce pumpkin puree canned (not pie filling)
- ☐ 4 tablespoons butter unsalted ()
- ☐ 8 tablespoons butter unsalted cold cut into 1/2-inch pieces (1 stick)
- ☐ 2 allspice whole
- ☐ 2 star anise whole
- ☐ 0.5 cup pumpkin seeds unsalted coarsely chopped (pumpkin seeds)

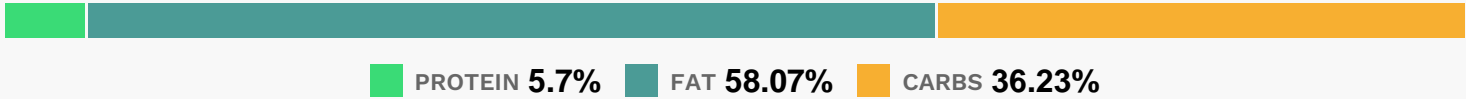
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ ladle
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ ziploc bags
- ☐ cheesecloth
- ☐ kitchen twine

Directions

- ☐ Wrap the cloves, star anise, cinnamon stick, allspice berries, peppercorns, and fresh ginger in cheesecloth and secure with kitchen string.
- ☐ In a large heavy pot over moderate heat, melt the butter.
- ☐ Add the onions, garlic, celery, and leeks and saut until translucent, 5 to 6 minutes.
- ☐ Add the pumpkin, 2 quarts water, and the spice package and bring to a boil. Reduce the heat to moderately low and simmer uncovered until the vegetables are tender, about 30 minutes.
- ☐ Remove and discard the spice package. Working in small batches, ladle the soup into a blender and pure until smooth.
- ☐ Transfer to a clean large pot then sprinkle with nutmeg and season with salt and pepper. Cover and keep warm until ready to serve. DO AHEAD: Soup can be made in advance and refrigerated, in an airtight container, up to 3 days. Reheat in a large pot over moderate heat, stirring occasionally.
- ☐ In a large bowl or resealable plastic bag, combine marshmallows and cinnamon and gently toss to coat the marshmallows in cinnamon. DO AHEAD: Marshmallows can be prepared in advance and stored, in a resealable plastic bag or an airtight container at room temperature, up to 3 days.
- ☐ Arrange a rack in the middle of the oven and preheat to 350F. Line a large baking sheet with parchment paper.
- ☐ In a large bowl, whisk together the flour, brown sugar, and salt.
- ☐ Add the butter and, using your hands, rub the ingredients together until the texture resembles coarse cornmeal.
- ☐ Add the pepitas and toss to combine.
- ☐ Spread the mixture on the prepared baking sheet and bake until golden brown, 10 to 12 minutes.
- ☐ Transfer the streusel to a rack to cool, then break it into roughly 1-inch pieces. DO AHEAD: Streusel can be made in advance and stored, in an airtight container at room temperature, up to 3 days.
- ☐ In a medium bowl, combine the heavy cream and crme frache.
- ☐ Whisk until light and fluffy. Season with salt and pepper. DO AHEAD: Whipped crme frache can be made in advance and refrigerated, in an airtight container, up to 2 hours.
- ☐ Ladle the warm soup into bowls and garnish with the streusel, marshmallows, and dollops of whipped crme frache.

Nutrition Facts



Properties

Glycemic Index:50.44, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:19.213912943135%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 479.95kcal (24%), Fat: 32.34g (49.75%), Saturated Fat: 18.05g (112.82%), Carbohydrates: 45.39g (15.13%), Net Carbohydrates: 38.95g (14.16%), Sugar: 23.19g (25.77%), Cholesterol: 78.92mg (26.31%), Sodium: 333.22mg (14.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.29%), Vitamin A: 25974.51IU (519.49%), Manganese: 0.88mg (44.2%), Vitamin K: 36.76µg (35.01%), Fiber: 6.43g (25.73%), Magnesium: 93.18mg (23.29%), Iron: 3.97mg (22.05%), Phosphorus: 206.48mg (20.65%), Vitamin E: 2.62mg (17.47%), Copper: 0.34mg (16.94%), Potassium: 559.12mg (15.97%), Folate: 61.61µg (15.4%), Vitamin B2: 0.25mg (14.99%), Vitamin C: 10.58mg (12.82%), Calcium: 127.26mg (12.73%), Selenium: 7.77µg (11.1%), Vitamin B1: 0.17mg (11.06%), Vitamin B6: 0.2mg (10.16%), Vitamin B5: 0.98mg (9.83%), Vitamin B3: 1.8mg (9%), Zinc: 1.17mg (7.83%), Vitamin D: 0.55µg (3.69%), Vitamin B12: 0.12µg (2%)