



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

READY IN



45 min.

SERVINGS



8

CALORIES



430 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)
- 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 sauté 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 purée 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 350°F. 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 crème fraîche.
- Whisk until light and fluffy. Season with salt and pepper. DO AHEAD: Whipped crème fraîche 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 crème fraîche.

# Nutrition Facts

PROTEIN 6.3% FAT 53.34% CARBS 40.36%

## Properties

Glycemic Index:50.44, Glycemic Load:9.02, Inflammation Score:-10, Nutrition Score:19.066521603128%

## 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: 429.76kcal (21.49%), Fat: 26.66g (41.02%), Saturated Fat: 14.45g (90.34%), Carbohydrates: 45.38g (15.13%), Net Carbohydrates: 38.95g (14.16%), Sugar: 23.19g (25.77%), Cholesterol: 63.87mg (21.29%), Sodium: 332.45mg (14.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.09g (14.18%), Vitamin A: 25799.58IU (515.99%), Manganese: 0.88mg (44.18%), Vitamin K: 36.27µg (34.55%), Fiber: 6.43g (25.73%), Magnesium: 93.04mg (23.26%), Iron: 3.97mg (22.05%), Phosphorus: 204.8mg (20.48%), Copper: 0.34mg (16.88%), Vitamin E: 2.46mg (16.39%), Potassium: 557.44mg (15.93%), Folate: 61.4µg (15.35%), Vitamin B2: 0.25mg (14.85%), Vitamin C: 10.58mg (12.82%), Calcium: 125.58mg (12.56%), Vitamin B1: 0.17mg (11.04%), Selenium: 7.7µg (11%), Vitamin B6: 0.2mg (10.15%), Vitamin B5: 0.98mg (9.75%), Vitamin B3: 1.8mg (8.98%), Zinc: 1.17mg (7.79%), Vitamin D: 0.45µg (2.99%), Vitamin B12: 0.11µg (1.8%)