



Recipe from BigFish Brand™ Salmon soup with ginger and pumpkin

This is a delicious, warming and very interesting soup, something a bit different for your Halloween party! We've adapted this recipe a little but thanks to [Recipes Simply Delicious](#) for the original inspiration.

Preparation time: around 1 hour

Serves 4

Ingredients

1 small pumpkin (about 500g) or you can use butternut squash
2 BigFish Brand plain salmon (or trout) fillets, defrosted as per pack instructions
2 tsp freshly grated ginger
250ml orange juice
250ml of sour cream or crème fraiche from a 284ml tub
Sprig fresh rosemary
3 tsp curry powder
Salt and freshly ground black pepper, to season

To serve

1 tbsp each pine nuts and pumpkin seeds
Sour cream or crème fraiche

Plus

for a Halloween party this soup looks great served in another pumpkin, with the flesh scooped out (you can use the flesh in another recipe!).

Method

1. Wash the outside of the pumpkin or squash, cut off the stem and the base. Fill a large pan 1/3 full of water, bring to the boil and then put the pumpkin in the water, covering with a lid.
2. Boil the pumpkin for ten minutes, then turn it using two spoons so that the other end is submerged in the hot water. Cover again, boil for a further ten minutes, remove from the water and allow to cool.
3. When cool enough to handle, cut the pumpkin flesh away from the skin and put back in the water, adding the rosemary and covering again. Simmer for a further 15 minutes.
4. While the pumpkin is simmering, pan fry the salmon fillets in a little olive oil – just for 3-4 minutes until lightly cooked through.
5. When the pumpkin is cooked, remove the rosemary. Puree the pumpkin pieces in the remaining water using a hand blender. Add the orange juice, 225ml of sour cream or crème fraiche, ginger and curry powder. Stir, season, then taste and adjust the seasoning as necessary.
6. To serve, put the soup in a serving dish. Gently flake the cooked salmon fillets by hand and stir into the soup. Toast the pine nuts and pumpkin seeds in a dry pan for a few minutes then sprinkle over the top, adding a swirl of the remaining sour cream or crème fraiche.

