

Pumpkin Soup with Carmelized Shallots and Prosciutto

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Ingredients

1 large, fresh pie pumpkin

6 tablespoons unsalted butter

1 fresh jalapeno pepper, chopped finely (wearing gloves is recommended)

2 tablespoons extra virgin olive oil

4 large shallots, peeled and thinly sliced

½ teaspoon dried thyme

5 cups chicken stock

1 cup cream (or 1 cup evaporated skim milk)

salt and freshly ground pepper to taste

2 ounces thinly sliced Prosciutto, julienned (can add chopped parsley in place of ham)



Directions

Heat oven to 350 degrees. Slice pumpkin in half and remove seeds. Score the flesh lightly with a knife to help the heat penetrate.

Brush the inside of each half with the melted butter, then place cut side down over the jalapeno on a baking sheet.

Bake until very tender, about 1 hour (the flesh should start to carmelize). Cool slightly, then scrape out the flesh and set aside along with the jalapeno.

Heat the oil in a heavy stockpot and sauté the shallots over very low heat until soft and carmelized, about 20 minutes.

Add the pumpkin, jalapeno, thyme and stock and bring to a boil. Reduce heat and simmer 15 minutes until the flavors are blended.

Transfer mixture to a blender and puree until smooth, then return to the pot.

Add the cream or low-fat milk, then heat gently, but DO NOT BOIL. Season with salt and pepper.

Serve in bowls with a little of the Prosciutto sprinkled on top.