

## Raciones para 1

3  
Small pumpkins  
80 g  
Leek  
60 g  
Sweet potato  
50 g  
Carrot  
50 g  
Onion  
80 g  
Pumpkin  
60 g  
Potato  
1 l  
Vegetable broth  
250 ml  
Cooking cream  
  
Olive oil

- 1 To start cooking this winter cream, cut and empty the pumpkins through the centre so you can use them as bowls to serve the cream later.
- 2 Then, in a pot, fry the leeks, the sweet potato, the carrots, the onion, the potatoes and the meat leftover from emptying the pumpkins with a splash of olive oil.
- 3 When the vegetables are poached, add a litre of vegetable stock. Once it has boiled, blend the cream with a blender until it has a light texture.
- 4 Finally, serve the cream inside the empty pumpkins placed on a baking tray and grate some parmesan cheese on top. Grill the cream with the cheese at 200° C in the oven and take it directly to the table to enjoy an incredible first course.

# Chef's Notes

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<https://cookinglovers.teka.com/es/receta/crema-de-calabaza-y-zanahoria-con-nata/>

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