

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

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

