

Pumpkin soup with saffron

For 4

- Two sweet onions, half a pumpkin, three medium potatoes and three cloves of garlic
- Two litres of water
- Saffron pistils – two to four per person
- A sprig of thyme
- Three soup spoons of olive oil
- One soup spoon of coarse sea salt
- Pepper

Preparation

Infuse the saffron*.

Peel and chop the onions, peel and crush the garlic.

Wash the pumpkin and cut into big cubes.

Strip the leaves off the thyme.

In a saucepan, heat the oil without letting it smoke.

Add the onions and let them sweat.

Add the pumpkin and the saffron and let it cook slowly for five minutes.

Add the water, the potatoes, the thyme leaves and the salt.

Let it cook, uncovered for 15-20 minutes.

Stir the soup and add a few turns of the pepper mill.

Mix and serve hot.

Bon appétit !