

Pumpkin Shell Soup

Scientists believe that pumpkins originated in North America about 9000 years ago. The Native American Indians used pumpkin as an important part of their diet many years before the Pilgrims landed. Native Americans enjoyed the inner pulp of the pumpkin baked, boiled, roasted, and dried. They added the blossoms to soups, turned dried pumpkin pieces into rich flour, and ate the seeds as a tasty snack.

Ingredients

1 medium pumpkin (4 cups)
1 large pumpkin
4 cups chicken broth
4 Tbs. maple sugar
1/2 tsp. ground cinnamon
1/2 tsp. ground nutmeg
1/2 tsp. salt
butter

Utensils

knife and cutting board
measuring cup
measuring spoons
cookie sheet
sieve
spoon
heavy cookpot
soup bowls

Preheat the oven to 350°F. Grease the cookie sheet with butter. Make the chicken broth. Good chicken broth or bouillon can be bought in the store. Cut off the top of the large pumpkin and remove the pulp and seeds. Wash and pat dry the medium-size pumpkin. Cut the medium-size pumpkin in half and remove the pulp and seeds. Place the pumpkin halves on the cookie sheet with the skin facing up. Place the cookie sheet in the oven and bake 1 hour or until the pumpkin is tender. The pumpkin is done when a fork can easily cut the flesh. Remove the pumpkin from the oven and let it cool. Using a spoon, scrape the pumpkin meat from the skin. Press the meat through a sieve with the back part of a spoon into the cookpot. This will remove any fibers. Add the chicken broth, maple sugar, cinnamon, nutmeg, and salt to the cookpot. The dish can be prepared up to this point in advance. Place the cookpot on the stove and cook over medium heat until hot. Stir often. When the soup is ready to serve, pour it into the large pumpkin shell. Serve hot from the pumpkin.