

# Pumpkin Soup

(work in pairs)

## Ingredients

- 250 grams of pumpkin, peeled and cut
- 1 small onion, peeled and chopped
- ½ a carrot chopped
- Pepper
- Pinch of nutmeg
- 1½ cups chicken stock (stock cube and water)



## Method

1. Place all vegetables into a medium saucepan; add the stock pepper and nutmeg.
2. Bring to boil, reduce heat and simmer, covered until vegetables are tender
3. Puree in blender or food processor
4. Serve hot and garnished with a swirl of cream and chives.



# Crusty Cheese Damper

(work in pairs)

## Ingredients

- 1 cup self raising flour
- ¾ cup cold water
- ¼ cup milk powder
- ¼ cup grated cheese
- ¼ teaspoon dry mustard
- 1 teaspoon sesame seeds



## Method

1. Heat oven to 210 C. Grease oven tray.
2. Sift dry ingredients into a bowl. Add grated cheese.
3. Stir in enough water to form a soft dough.
4. Knead lightly; divide mixture in half, pat each into a small circle about 2 cm thick.
5. Place on greased tray, mark a cross on top using a sharp knife
6. Bake approximately 10 – 15 minutes. Serve warm and buttered, with your pumpkin soup.