

Soupe au Potimarron (Squash Soup)

Ingredients (serves 4)

6 red kuri squash, 4 of equal size 3 carrots Small piece fresh ginger Salt and freshly ground pepper

Method

Choose four red kuri squash the same size, and slice off their tops to form lids. Use a large spoon to hollow out the insides, removing the seeds and a little of the flesh. Set aside. Chop the two remaining squash and the carrots into small pieces and grate the ginger. Put them all in a saucepan, cover with water, and simmer over a low heat until soft. Remove any excess water if the consistency seems too liquid, and blend until smooth. Season to taste. Carefully pour the soup into the squash shells. Serve hot.

Leek Quiche with Flowers

Preheat the oven to 400°F (180°C/Gas Mark 6).

Ingredients (serves 4)

3 leeks
Butter, for sautéing
1 pack round ready-rolled butter puff pastry
3 eggs
Scant cup (200 ml) crème fraîche
Nutmeg

3/4 cup (3 1/2 oz./100 g) Gruyère, grated
Edibles flower and green vegetables,
to decorate (optional)
Salt and freshly ground black pepper

Method

Slice the leeks and sauté them in butter until soft. Set aside.

Line a tart pan with the pastry, lifting and pinching together the edges of the pastry to form a raised crust.

Spread the leeks evenly over the pastry.

Beat the eggs with the crème fraîche. Add nutmeg and season with salt and pepper. Pour this mixture over the leeks and sprinkle with the grated Gruyère.

Bake in the oven for 45 minutes. When cool, decorate with edible flowers and green vegetables if desired.

