



# Pumpkin Pistachio Soup

- Adapted from the Western Pistachio Association in Fresno

## Ingredients:

|   |                                 |
|---|---------------------------------|
| 1 small, fresh red chili                  | 3 Tbsp. sugar                   |
| 1 1/4 C. whole, shelled pistachios        | 1 1/2 lbs. seeded fresh pumpkin |
| 2 shallots                                | 2 stalks lemon grass            |
| 1 Tbsp. butter                            | 3 C. vegetable stock            |
| 1/4 tsp. ground white pepper              | 1/8 tsp. ground cloves          |
| 6 Tbsp. light sour cream or crème fraîche | fresh cilantro                  |

## Directions:

Seed and finely chop chili. Melt sugar over low heat in skillet until it is a light-brown caramel color. Add chili and pistachios, and stir to coat. Turn mixture out of pan onto foil or wax paper and let cool.

Pare pumpkin and cut into cubes. Peel and chop shallots. Cut lemon grass into 4-inch lengths. Melt butter in large saucepan, add shallots and lemon grass and cook 1 minute. Add cubed pumpkin, stock, pepper and cloves. Cover and simmer over low heat for 15 to 20 minutes, or until tender. Discard lemon grass. Purée pumpkin mixture in food processor or electric blender and return to saucepan. Whisk in sour cream, heat gently, then pour into wide soup bowls. Top with cilantro and caramelized pistachios. Serve with Mitchella Grenache Blanc or Viognier.

*"Life is an Adventure, Drink Wine!"*