

Autumn Squash Cream

Ingredients

For 6 people:

2 slices of squash

1 vegetable stock cube.

1 brick of liquid crème fraîche or cooking soy

Salt, pepper

Preparation

Peel and cut the squash into pieces.

Cook them in water with the stock cube. The water should just cover the squash.

Cook for 10 minutes under the pressure of the pressure cooker, or around 30 minutes in a normal saucepan.

Mix the soup well.

Add the crème fraîche to the plates, pepper to taste.