**Pumpkin Soup**

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**INGREDIENTS**

3 tbsp. unsalted butter

4 cloves garlic, minced

1 medium white onion, minced

1 Scotch bonnet pepper, stemmed, seeded, and minced (optional)

3 lb. pumpkin, such as calabaza or butternut squash, peeled, seeded, and cut into 1/2" pieces

4 cups chicken stock

4 sprigs thyme

2 sprigs parsley

1 bay leaf

1 cup milk

1⁄4 cup heavy cream

1⁄2 tbsp. mild curry powder

1 tsp. fresh lime juice

1⁄4 tsp. freshly grated nutmeg

Kosher salt and freshly ground black pepper, to taste

Crème fraîche, for garnish

**METHOD**

1. Melt butter in a 6-qt. saucepan over medium-high heat.
2. Add garlic, onion, and, if using, Scotch bonnet; cook until golden, about 8 minutes.
3. Add pumpkin, stock, thyme, parsley, and bay leaf; bring to a boil. Reduce heat to medium; cook until pumpkin is very tender, 30–35 minutes.
4. Discard thyme, parsley, and bay leaf; working in batches, purée soup in a blender until smooth.
5. Return soup to saucepan and add milk, cream, curry powder, lime juice, nutmeg, salt, and pepper; simmer until slightly thick, 4–6 minutes.
6. Ladle soup into bowls; garnish with a swirl of crème fraîche.