



Norwegian Gresskarsuppe Pumpkin Soup + Toasted Pepitas + Pumpkin Spice Iced "Macchiato"

By Dylan Sabuco

Prep Time 17 / Cook Time 30 / Serves 4 - 6

Shopping List

☐ Fresh:

☐ 1 sweet potato

☐ 1 carrot

☐ 1 tsp thyme, fresh or dry

☐ Pantry:

☐ 1 15-oz can of pumpkin purée

☐ 1 12-oz can of coconut milk/cream ****(for COCONUT ALLERGY sub 1 C soy or whole milk)****

☐ 2 tsp paprika

☐ 2 tsp garlic powder

☐ 2 tsp coriander powder

☐ 1/4 C vegetable oil

☐ 1 tsp salt

☐ 1 tsp black pepper

☐ 1/2 C pumpkin seeds (pepitas)

☐ 1 T pumpkin spice (to make your own, see Lesson Plan Tidbits or Instructions)

☐ 1/4 C white or brown sugar

☐ Have on hand:

☐ 4 1/4 C water (2 C cold water)

☐ 2 C ice

Fun-Da-Mentals Kitchen Skills

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

chop: to cut something into small, rough pieces using a blade.

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

toast: to brown and crisp food in a heated skillet or oven, or in a toaster.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

boil: to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

Equipment

☐ Cutting board + kid-safe knife

☐ Mixing bowl

☐ Large pot

☐ Measuring spoons

☐ Liquid measuring cup

☐ Dry measuring cups

☐ Wooden spoon

☐ Small saucepan

- ☐ Blender (or pitcher + immersion blender)
- ☐ Pitcher
- ☐ Whisk
- ☐ Dry measuring cup

Ingredients

Nearly Norwegian Gresskarsuppe Pumpkin Soup

- ☐ 1 sweet potato
- ☐ 1 carrot
- ☐ 1 tsp paprika
- ☐ 1 tsp garlic powder
- ☐ 1 tsp thyme, fresh or dry
- ☐ 1 tsp coriander powder
- ☐ 2 T vegetable oil
- ☐ 1 pinch salt
- ☐ 1 pinch black pepper
- ☐ 1/2 15-oz can pumpkin purée
- ☐ 1/2 12-oz can coconut milk/cream ****(for COCONUT ALLERGY sub 1/2 C soy or whole milk)****
- ☐ 2 C water, or more to adjust consistency

Toasted Savory Pepitas Sprinkles

- ☐ 1/2 C pumpkin seeds (pepitas)
- ☐ 1 tsp paprika
- ☐ 1 tsp garlic powder
- ☐ 1 tsp coriander powder
- ☐ 2 T vegetable oil
- ☐ 1 pinch salt
- ☐ 1 pinch black pepper

Sweet Pumpkin Spice Iced "Macchiato"

- ☐ 1/2 15-oz can pumpkin purée
- ☐ 1/2 12-oz can coconut milk/cream **** (for COCONUT ALLERGY sub 1/2 C soy or whole milk) ****
- ☐ 1 T pumpkin spice (see Instructions for making your own)
- ☐ 1/4 C white or brown sugar
- ☐ 2 C cold water
- ☐ 2 C ice

Food Allergen Substitutions

Nearly Norwegian Gresskarsuppe Pumpkin Soup

Coconut: Substitute 1/2 C soy or whole milk for the canned coconut milk in the Soup.

Toasted Savory Pepitas Sprinkles

Sweet Pumpkin Spice Iced "Macchiato"

Coconut: Substitute 1/2 C soy or whole milk for the canned coconut milk in the Macchiatos.

Instructions

Nearly Norwegian Gresskarsuppe Pumpkin Soup

intro

“Hallo! Hei!” That's Hello and Welcome in Norwegian! This Nearly Norwegian Gresskarsuppe (GRESS-kar-soopah) Pumpkin Soup is perfect for a cold, winter day. All the hearty ingredients blend together to make a vibrant, orange treat that is sure to warm your soul.

chop + measure + sauté

Chop **1 sweet potato** and **1 carrot** into a rough dice and place in a mixing bowl. Measure and combine **1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon thyme, 1 teaspoon coriander powder, 2 tablespoons vegetable oil, 1 pinch of salt,** and **1 pinch of black pepper** in the same bowl with the vegetables. Add the vegetable and spice mixture into a large pot over medium heat. Cook for 5 minutes to soften the carrots and sweet potatoes slightly.

simmer + blend + adjust

After 5 minutes of cooking, add **1/2 can of coconut milk, 1/2 can of pumpkin purée,** and **2 cups**

water. Either blend in the pot with an immersion blender or transfer to a blender and blend the mixture until smooth. Heat the soup mixture over medium low heat for at least 15 minutes before serving. Also, before serving the soup, check the consistency. If the soup is very thick, add a splash of water to make it thinner. If too thin, continue to cook the soup uncovered for 5 to 10 more minutes on low heat. Taste for seasoning and adjust the amount of salt if necessary.

Toasted Savory Pepitas Sprinkles

measure + toast

In a mixing bowl, combine **1/2 cup pumpkin seeds, 1 teaspoon paprika, 1 teaspoon garlic powder, 1 teaspoon coriander powder, 2 tablespoons vegetable oil, 1 pinch of salt,** and **1 pinch of black pepper.** Stir to combine before pouring the mixture in a small saucepan over low heat for 5 to 7 minutes. Remove from the pan and place in a bowl. These seeds make a great snack for a hike or the perfect topping for Nearly Norwegian Gresskarsuppe Pumpkin Soup (see recipe)!

Sweet Pumpkin Spice Iced "Macchiato"

recipe tip

If you don't have pumpkin spice on hand, you can make your own: for each 1 tablespoon of pumpkin spice, combine 2 teaspoons cinnamon, 1/2 teaspoon nutmeg, 1/2 teaspoon allspice, 1/4 teaspoon ground ginger, and 1 pinch of black pepper.

combine + simmer

Combine **1/2 can of pumpkin purée, 1/2 can of coconut milk, 1 tablespoon pumpkin spice** (to make your own: combine **2 tsp cinnamon, 1/2 tsp nutmeg, 1/2 tsp allspice, 1/4 tsp ground ginger,** and **1 pinch of black pepper**), and **1/4 cup sugar** in a large pot over medium heat. Bring the mixture to a simmer and then reduce the heat to low and simmer for 5 minutes.

stir + pour

Pour the mixture into a pitcher and whisk vigorously while pouring in the **2 cups of cold water.** Divide **2 cups of ice** between all of your cups and pour the whisked mixture over the ice. Wrap up with a blanket and enjoy this drink with a warm cup of Nearly Norwegian Gresskarsuppe Pumpkin Soup (see recipe)! "Nyt" (Neet) or "enjoy" in Norwegian!

Featured Ingredient: Pumpkin!

Hi! I'm Pumpkin!

"I'm orange, round, like to sit on your porch making faces in the Fall, and I'm good to eat! I'm a pumpkin! Of course, not all pumpkins are orange. We can be white, red, yellow, tan, blue, dark green, and even black! We're not always round, either! We might be tall and oblong or short and squat. We love it when families come to the pumpkin patch to pick out their favorite pumpkin to take home!"

History

The pumpkin is a winter squash that is believed to have originated in Central America. Seeds from pumpkins were found in the highlands of Oaxaca, Mexico, dating back to 7000 to 5500 BCE, about 9,000 years ago!

Native Americans were eating pumpkins for centuries before European colonists arrived. They ate pumpkin seeds, used them as medicine, and made mats from flattened and dried strips of pumpkins.

Archaeologists have found pumpkin residue among the 800-year-old ruins of the Ancestral Pueblo people. European explorers and traders brought pumpkins back to Europe with them, and Portuguese traders brought them to China in the 16th century. Now, pumpkins are grown on six continents. The only continent that can't grow pumpkins is Antarctica!

A pumpkin is not the same as a Jack-o-Lantern. A pumpkin is only a Jack-o-Lantern once it's carved! Carving pumpkins into Jack-o-Lanterns is a tradition that started hundreds of years ago in Ireland. The Irish used to carve turnips, but when Irish immigrants arrived in North America and found pumpkins aplenty, they began to use those instead.

Pumpkins were once endorsed as a remedy for freckles and snake bites. As if we need a cure for freckles! China produces the most pumpkins worldwide, followed by India. Illinois grows the most in the United States.

According to Guinness World Records, Stefano Cutrupi of Italy harvested the heaviest pumpkin on September 26, 2021. His humongous pumpkin weighed over 2,702 pounds.

Anatomy & Etymology

Why are pumpkins orange? Before a pumpkin matures, it's green in color due to the presence of chlorophyll, a green-pigmented nutrient required for the pumpkin to absorb and use sunlight for energy and food. However, as a pumpkin matures, it develops phytonutrients called "carotenoids," which give a pumpkin its bright orange color.

The stem of a pumpkin is often referred to as its "handle."

Thin, hairlike "tendrils" are often attached to the pumpkin's stem. As it grows, the pumpkin's tendrils cling to the vine and are green in color. These tendrils attach to and wind themselves around fences, posts, other plants, and objects on the ground to anchor the vine and protect the plant from the wind.

Leaves grow on the pumpkin's vine and absorb sunlight to provide energy for the plant and its fruit.

We collectively refer to the pumpkin's outer skin and inner fruit as the pumpkin's "shell." Ribs are the indentations around the outside of the pumpkin's shell.

The meat of the pumpkin is called the "pulp," or sometimes affectionately referred to as "pumpkin brains!" Attached to the pulp are lots of pumpkin seeds that can be cleaned, dried, and roasted with salt (delicious!). The inner part of each pumpkin seed contains a nut (technically, the "germ" of the seed), and this is what eventually develops into a new pumpkin.

The word "pumpkin" originated from the Greek word for "large melon," which is "pepon." The French called it "pompon." The English used "pumpion." And, American colonists changed "pumpion" into "pumpkin."

How to Pick, Buy, & Eat

A pumpkin is used as a vegetable in cooking, but it's actually a fruit! It's a member of the Cucurbita family, which includes squash and cucumbers.

Pumpkin flowers and seeds are edible.

Undoubtedly the most popular recipe that uses pumpkins is pumpkin pie. But pumpkin pulp can be used for everything from baked goods to soups to ice cream, pudding, and even beer!

You can store uncut pumpkins for up to 60 days in a cool, dark place!

Nutrition

Pumpkins contain potassium, vitamin C, soluble fiber, and beta carotene.

Vitamin C and beta carotene are two powerful antioxidants that help protect cell membranes and the immune system.

Potassium is good for circulation and healthy blood pressure, and it's great for bones. It also helps take blood pumped from hearts through arteries and veins to muscles and organs.

Beta carotene is great for the health of our eyes! The body takes beta carotene and converts it to vitamin A, which our eyes need to stay healthy. When this happens, it signals the immune system to create white blood cells, which help the body fight off infection.

Soluble fiber is so good for our digestive systems! Fiber also helps slow the absorption of blood sugar into our tissues.