

Miele

Sous-vide pumpkin soup with yuzu kosho and shiitake

By Miele

20 minutes

Preparation time

1 hour 40 minutes

Cooking time

4 serves

Serves



INGREDIENTS

Yuzu koshō

- 4 small green chillies, finely chopped
- 2 limes, zested
- 4 lemons, zested
- 1 tbsp salt flakes
- 60 ml (¼ cup) yuzu juice

Pumpkin soup

- 1 kg butternut pumpkin, peeled, sliced
- 1 garlic clove, slightly crushed
- 1 tbsp mirin
- 200 g unsalted butter
- 1 tsp salt flakes
- 300 ml vegetable stock, or more if required
- Lemon juice, to taste

Garnish

- 40 g (¼ cup) pepitas
- 1 tbsp unsalted butter
- 100 g shiitake mushrooms, sliced
- Sea salt, to taste
- Micro herbs, such as sorrel or coriander leaves, leaves picked, optional

METHOD

Yuzu koshō

1. Bruise the chillies with the zest and salt in a mortar and pestle then stir through the yuzu juice. Store in the fridge in a sterilised jar.

Pumpkin soup

1. Place the pumpkin, 1 tablespoon of the yuzu koshō, garlic, mirin, butter and salt into a large vacuum sealing bag.
Vacuum on setting 3 and Seal on setting 3.
2. Place into the steam oven on a wire rack on shelf level 2 and Sous-vide at 90°C for 1 hour 30 minutes.
3. Transfer the ingredients into a food processor with a small volume of the stock. Blend until smooth, adding as much stock as needed to reach your desired consistency.
4. Season to taste with lemon juice and salt.

Garnish

1. Preheat the oven on Fan Plus at 160°C.
2. Spread the pepitas onto a universal tray. Place into the oven on shelf level 2 and cook for 8 minutes, or until browned.
3. Meanwhile, in a large frying pan on medium-high heat, induction setting 7, add the butter and cook until foaming.
4. Add the mushrooms in batches and season well. Increase the heat to high heat, induction setting 8 and cook until the mushrooms are golden. Set aside.

To serve

1. Serve the soup in warmed bowls and garnish with the sautéed shiitake mushrooms, toasted pepitas and micro herbs, if desired.

Hints and tips

- Yuzu juice and Yuzu koshō can be purchased from Asian grocers. The juice from the lemons and limes can be used instead of the yuzu if unavailable.
- If fresh shiitake mushrooms are not available, use rehydrated dried shiitake. Do not discard the mushroom liquid, this can be saved and used in stocks or soups for extra flavour.
- Using this technique to cook the pumpkin intensifies its flavour and retains the vibrant colour.
- Butternut pumpkin can be substituted with other varieties, such as Japanese or Kent.