

Creamy Zucchini & Pumpkin Seed Soup with no Cream

Makes 4 Servings

Milk Street - Don't overcook the zucchini. A brief simmer is key for vivid flavor and color. Be sure to blend the soup mixture in batches. If the blender jar is too full, the burst of steam may loosen the lid and cause splattering.



1/4 tablespoon extra-virgin olive oil or pumpkin seed oil
2 cups raw pumpkin seeds
2 medium yellow onions, halved and thinly sliced
Kosher salt and ground black pepper
4 tablespoons all-purpose flour
4 pounds zucchini, trimmed, halved lengthwise

and cut into 1/2-inch pieces (7 cups)
2 bunches fresh dill, stems and leaves chopped, reserved separately
2 quarts low-sodium vegetable or chicken broth
2 teaspoons grated lemon zest, plus 1 lemon cut into wedges
Crème fraîche, to serve (optional, or use yogurt or sour cream)

NOTE: This soup can be served hot or cold.

1 In a large Dutch oven over medium, combine the oil and pumpkin seeds. Cook, stirring often, until fragrant and lightly toasted, about 5 minutes. Using a slotted spoon, transfer to a small bowl; set aside. [I bought already toasted pumpkin seeds from Trader Joe's, so skipped this step.]

2 To the pot over medium, add the onion and 1 teaspoon salt. Cook, stirring occasionally, until softened but not browned, 5 to 8 minutes. Add the flour and cook, stirring constantly, until evenly moistened, about 1 minute. Add the zucchini and dill stems, stirring well, then stir in the broth and 2/3 cup of the toasted pumpkin seeds. Bring to a boil over medium-high, then reduce to medium and cook, uncovered and stirring, at a vigorous simmer, until the zucchini is translucent, 5 to 10 minutes.

3 Remove the pot from the heat and cool for 5 minutes. Using a blender and working in batches so the jar is never more than half full, puree until smooth; transfer each batch to a large bowl. Or, use an immersion blender if you prefer more texture.

4 Wipe out the pot, then pour in the puree. Cook over low, stirring often, until heated through, about 5 minutes. Off heat, stir in the dill leaves and lemon zest, then taste and season with salt and pepper. Ladle the soup into bowls, dollop with crème fraîche and sprinkle with the remaining 1/3 cup pumpkin seeds. Serve with lemon wedges.

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