

THE LAB

Three things to make and do

Kitchen chemistry

WARNING! Pumpkins are tough to cut. Always ask an adult for help when using a sharp knife.

1 Create a spooky soup

Cook a spicy soup served up in a creepy pumpkin.

What you need

- 1 large pumpkin
- 2 tbsp olive oil
- 2 onions, peeled and finely sliced
- 3 garlic cloves, peeled and finely chopped
- 1 tbsp mild curry powder
- 1.25 litres vegetable stock, made from two vegetable stock cubes (may contain **celery**)
- 1 tbsp brown sugar
- Brown bread (for the bats)
- Sharp knife
- Metal spoon
- Large saucepan
- Rolling pin
- Baking tray
- Blender

Instructions

- 1** Turn your pumpkin into a soup bowl. Ask an adult to help you chop the top off the pumpkin. Scoop out and discard the seeds. Then, scoop the flesh out, leaving it with thick enough sides to contain soup.
- 2** Heat olive oil in the pan and fry the onion and garlic. Add the pumpkin flesh and curry powder to the saucepan and cook for 10 minutes. Next, pour in the stock, add sugar and simmer for 20 minutes.
- 3** While the soup is cooking, take two slices of bread. Roll them thinly and cut out two bat shapes. Place them on a baking tray and put into the oven at 180°C for about 10 minutes, until crisp.
- 4** Once the soup is cooked, blend until it's smooth. Carefully pour into the pumpkin and decorate with the bread bats.



Turn a pumpkin into a bowl.

How does it work?

October is pumpkin season, so why not make the most of this sweet, seasonal treat? A steaming bowl of soup can make you feel cosy and warm when the weather turns colder. Pumpkin soup has many health benefits, because it's a good source of vitamin A and vitamin C. Vitamin A improves your eyesight, and vitamin C boosts your immune system. Pumpkins can grow up to massive sizes – the heaviest pumpkin ever grown weighed more than 1.2 tonnes. Pumpkins can get this big because their thick stems are able to transport large amounts of food and water to the fruit.

Allergy warning! Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://www.tinyurl.com/SN-allergy)

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