

## Recipe

*Kabocha* (Japanese pumpkin) is often used in Japanese cooking. It is smaller and sweeter than the orange, round pumpkin that many of us are used to. *Kabocha* soup is a good soup for the fall and winter because the thinking is that *Kabocha* soup keeps you warm on cold days.

### Ingredients:

- 1 lb. *Kabocha* pumpkin, seeds removed
- 1/2 onion, thinly sliced
- 1 Tbsp. butter
- 2 tsp. chicken or vegetable bouillon
- 2 cups water
- 1 2/3 cup milk
- salt and pepper to season
- 1/4 tsp. ground ginger *or* ground cinnamon (optional)

### Preparation:

Place the *kabocha* on a microwave safe plate and heat in the microwave for a minute or two on high until you are able to cut it into bite size pieces. Cut the pumpkin into bite-size pieces and if desired removing the peel at this point. Sauté onion slices with butter in a medium sized pot until soft. Add the pieces of pumpkin and sauté together. Add the water and chicken or vegetable bouillon. Simmer over low heat for 20 minutes, or until pumpkin is soft, stirring occasionally. If desired, puree the mixture in a food blender. Add the milk, season to taste with salt, pepper and if desired ground ginger *or* ground cinnamon (optional). Makes 4 servings. Acorn squash or other types of pumpkin, and if you must, or are in a hurry, two cans (15 oz) pure pumpkin are acceptable substitutes. Serve warm. (*Adapted from a recipe from my former language teacher Mrs. Keiko Mori*)