

Roasted pumpkin soup is one of my favourite dishes to make in the fall — the season when pumpkins are at their sweetest and most flavorful. I first fell in love with it while cooking in the UK, where the crisp air made every bowl feel like comfort in a cup.

Historically, pumpkin soups date back centuries, first prepared in Europe and the Caribbean as a way to make the most of the harvest. In Bermuda, pumpkin is a staple of our Sunday tables, symbolising warmth and togetherness. This dish brings all those worlds together — the earthiness of the island, the refinement of the UK, and the heart of the season itself



- Ingredients
- 1 medium pumpkin (about 1 kg), peeled and cubed
- 1 onion, chopped
- 3 cloves garlic, peeled
- 2 tbsp olive oil
- 3 cups vegetable or chicken stock
- ½ cup coconut milk or cream
- ½ tsp ground nutmeg
- ½ tsp smoked paprika
- Salt and black pepper, to taste
- Fresh thyme or parsley, for garnish



Roasted Pumpkin Soup



Serves: 2



Prep Time: 15 mins |

Cook Time: 40 mins |

Total Time: 55 mins

Method

1. Roast the Pumpkin:
2. Preheat oven to 200°C (400°F). Toss pumpkin cubes, onion, and garlic with olive oil, salt, pepper, and smoked paprika. Spread on a baking tray and roast for 25–30 minutes until golden and tender.
3. Blend the Base:
4. Transfer roasted ingredients to a blender, add stock, and blend until smooth.
5. Simmer and Season:
6. Pour mixture into a pot, stir in coconut milk, nutmeg, and adjust seasoning. Simmer for 5–10 minutes on low heat.
7. Serve and Garnish:
8. Ladle into bowls, drizzle with extra coconut milk, and sprinkle with thyme or parsley. Serve with warm crusty bread.

CHEF WILL'S TIPS:

- Chef Will's Tip
- "Pumpkin soup takes me right back to family dinners in Bermuda — warm, rich, and full of comfort. I've added my own twist with a touch of spice and roasted flavor, inspired by my time in the UK. It's simple, hearty, and made to bring people together around the table." Chef William Smith Local
- www.willsmithkitchen.com
- [Instagram](#) @WillSmithKitchen | "Bringing Local Flavor to Every Table"