

ATLAS SWIFT & EARTH TO PLATE |
PUMPKIN & LENTIL SOUP



ATLAS SWIFT
PREMIUM WINES

SOUP

Pumkin & Lentil Soup with Atlas Swift Cabernet Sauvignon

The Shelter Cabernet Sauvignon offers aromatic components that can complement the savory herbs and spices found in the soup, enhancing the overall harmony of flavours in the pairing.

While the soup tends to have a smooth and creamy texture, Cabernet Sauvignon offers a contrasting sensation with its liquid form and slight astringency from the tannins.

This interplay of textures can add complexity to the dining experience, keeping the palate engaged with each sip and spoonful.

Artwork by
Nic De Jesus
@nicdejesusatelier





PUMPKIN & LENTIL SOUP

NOTES

As the colder months approach, there's nothing more comforting than a hearty bowl of soup. Packed with cleansing vegetables, herbs, and spices, this broth is the perfect way to ease into the new season.

Soaking the lentils before cooking makes a significant difference. It doesn't take much extra time—simply place them in clean water in the morning, then drain and rinse them in the late afternoon, ready for dinner prep. Soaked lentils are much more digestible, making this step worthwhile! Another crucial step is to use homemade vegetable stock or a stock powder free from processed ingredients and added salts. I love making homemade vegetable stock by collecting my vegetable offcuts throughout the week. I freeze portions, ensuring I always have some on hand. Ensure your spices are fresh and fragrant. Alternatively, toast whole cumin and coriander seeds, then blend them to a fine powder before adding them to the soup.

Serving suggestions: Serve the soup with toasted sourdough bread or toasted pumpkin seeds - or both! Drizzle with yogurt or coconut cream, and garnish with fresh herbs like coriander, parsley, or dill. The soup will keep well for up to three days. However, I recommend sautéing a portion of fresh greens and stirring them into the soup just before serving.

INGREDIENTS

Serves 8

Ingredients:

1 cup brown lentils, soaked *
 2 tbsp coconut oil or ghee
 1 onion, chopped finely
 3 leeks, white parts only, chopped
 1 fennel bulb, cored and chopped
 3/4 cloves of garlic, chopped
 2 carrots, peeled and cubed
 2 celery stalks, thinly sliced
 500g Pumpkin, peeled + cubed
 2-3 cups kale, sliced
 +- 5 cups of homemade vegetable stock

Aromatics:

1 tbsp thyme + 2 Bay leaves
 1 piece of kombu (optional)
 2 sticks of cinnamon
 1 tsp turmeric, ground
 1 tsp cumin, ground
 1 tsp coriander, ground
 1 tsp smoked paprika
 1 + ½ tsp salt (plus extra if needed)
 ½ tsp black pepper

To finish

1 tbsp miso (heaped)
 1 cup coconut milk
 Juice of half medium lemon

METHOD

- Drain the soaked lentils and rinse well. Set aside.
- Heat the oil or ghee in a soup pot over medium heat. Add onions, leeks, and ½ tsp salt. Fry until slightly golden.
- Add the garlic and sauté briefly. Then add the carrot, celery, fennel, and spices. Stir to combine and sauté for a minute, stirring to prevent the spices from burning.
- Add the pumpkin, lentils, thyme, kombu and bay. Mix to combine and pour in enough stock to cover the vegetables.
- Season with 1 tsp salt and ½ tsp pepper. Bring to a boil. Once boiling, reduce the heat and simmer until lentils and pumpkin are cooked, but not overly mushy, adding more stock if needed.
- In a bowl, whisk together the miso and coconut milk until dissolved. Stir this mixture into the soup along with the juice of half a small lemon.
- Simmer for another 10 minutes. Taste and adjust salt and pepper, if needed.
- Remove from heat, stir through the kale, and set aside to wilt in the soup for 10 - 15 minutes before serving. See chef notes for serving suggestions



Lentils add an earthy quality to this soup. By soaking them before hand, it encourages better nutrition absorption and improves their texture when cooked



Serving this soup with nutritious sourdough toast adds a wonderful textural quality and it doubles up as a great vessel to soak up all the delicious broth!



Atlas Swift Shelter Cabernet Sauvignon (2020)

Immerse yourself in the deep ruby-red allure of this wine, presenting classic Cabernet aromas of tomato leaf, cassis, Fynbos shrub, fresh bouquet garni, and a hint of graphite. Careful aging in older oak maintains the bright, fruity characters of raspberry and plum.

This medium-bodied wine boasts an elegant harmony of well-integrated tannins and delicate flavours of plum, blackcurrant and fresh herbs. With a dry finish, it offers a tasting experience that's truly captivating.

ATLAS SWIFT

PREMIUM WINES