

Ingredients

Serves 20 - 40

	20 SERVES	40 SERVES
Spice Mix:		
Chilli powder	¼ tsp	½ tsp
Ground paprika	1 tbsp	2 tbsp
Dried oregano	1 tbso	2 tbsp
Ground cumin	1 tsp	2 tsp
Ground coriander	1 tsp	2 tsp
Garlic powder	2 tsp	1 tbsp
Salt	1 tsp	2 tsp
Ground black pepper	1 tsp	2 tsp
Beef:		
Beef brisket or chuck, cut into 3 – 4 large pieces	2 kg	4 kg
Garlic cloves, crushed	6	12
Brown onions, diced	2	4
Lime juice	¼ cup	½ cup
Tomato paste	2 tbsp	4 tbsp
Beef stock	750ml	1.5 L



Method

1. Combine spice mix and rub into beef.
2. Heat olive oil in a large, heavy based pot and add beef to brown in batches. Remove beef to a plate once browned.
3. Add garlic and onion to pot and fry until soft.
4. Add lime juice to deglaze pan.
5. Add beef back to the pot along with tomato paste and beef stock. Cover and simmer on low heat for 2.5 hours. Check beef is tender and can easily be shredded, if so, remove beef from pot and shred with 2 forks. Let the sauce continue to simmer for an additional 15 minutes to reduce and thicken. Adjust seasoning of the sauce and puree with a stick blender until smooth. Spoon some sauce over the shredded before serving.
6. To serve, put beef on top of hard or soft tacos. Sprinkle with grated cheese, diced tomatoes, shredded lettuce and avocado. Garnish with coriander.

Ingredients

Serves 10 - 40

	10 SERVES	20 SERVES	40 SERVES
Pumpkin	2.5 kg	5 kg	10 kg
Red onion, peeled	3	6	12
Extra virgin olive oil	2 tbsp	4 tbsp	8 tbsp
Tom Yum Paste	2 tbsp	4 tbsp	8 tbsp
Fish Sauce	2 tbsp	4 tbsp	8 tbsp
Brown Sugar	1 tbsp	2 tbsp	4 tbsp
Water	1.5 L	3 L	6 L
Coconut Cream (to serve)	400 ml	800 ml	1600 ml
Parsley / coriander, finely chopped (to serve)	1 tbsp	2 tbsp	4 tbsp



Method

1. Combine spice mix and rub over bee
2. Cut the pumpkin in half and together with the onions, rub with olive oil and season with salt and pepper. Roast in the oven for 1 hour or until cooked.
3. Once cool, scoop out the pumpkin flesh and set aside.
4. Add olive oil to a large saucepan over medium heat. Add the Tom Yum paste and cook for a minute.
5. Add the pumpkin flesh, onion, fish sauce, water and sugar and bring to a simmer. Cook for 20 minutes.
6. Take the soup off the heat and puree until smooth.
7. Serve with coconut cream and finely chopped herbs.

Nutrition, hints and tips

- **Tom Yum is a paste that originated in Thailand. It is made from lemon grass, kaffir lime leaves, galangal, lime juice, fish sauce and chilli. It can be found in supermarkets and Asian grocers. It is a great way to transform pumpkin soup!**

- **Coconut cream is a great way to add flavour and boost the kilojoule content of the soup. It provides approximately 300 kJ per tablespoon.**