

Recipe created by Ms.Goto, a student at Tokyo Kasei Gakuin University



Ingredients (Serves 4)

Pumpkin	1/4
Banana starch	2 Tsp.
Milk	400 ml
Butter	10g
Consommé	1 pc.
Salt and pepper	a little

Directions

1. Discard the guts and skin of the pumpkin, sprinkle the pumpkin flesh with water, wrap it with plastic wrap, and heat it in the microwave for 5 minutes to soften.
2. Transfer to a pot and mash with a masher.
3. Add the banana starch and mix well.
4. Pour the milk in small doses so it does not form lumps. Continue mixing on low heat and add consommé, salt and pepper to taste.