

Pumpkin Soup

Bonnie L. Marsh

The *Pumpkin Soup* handout has been **a favorite tool of MBTI® practitioners** for many years, and marking this twentieth anniversary of its first publication, we suspect it will be a welcome tool for twenty more. Developed as an innovative tool for teaching the differences between the four functions, *Pumpkin Soup* has an interesting history.

Years ago members of the Minnesota Jung Association (MJA) with a preference for Intuition had a great idea. They decided to publish a cookbook with recipe directions formulated for different typologies. The theory was a good one as typology most certainly plays a part in each person's cooking style. Some individuals rely exclusively on an exact recipe and measuring equipment, in keeping with the old saying, **"If you can read, you can cook."** Others never use a recipe. Some plan carefully how and from what they will prepare a meal. Still others follow the mood of the day and the appetites of the moment. Probably none of these cooks should be in the kitchen at the same time!—which may explain in part the adage about too many cooks and spoiled broth.

The association members began the project by announcing in the December 1982 issue of *Elements*, the MJA newsletter, their intention to publish one type-formulated recipe in each issue, which they would subsequently gather into a book. As association president, Bonnie L. Marsh (INFP) was selected to write the first recipe. She chose this pumpkin soup recipe because it was easy and tasty. So for all of you who have wondered if this is a real recipe, we have it straight from the cook—yes! Whatever happened to the cookbook? Reminiscing on the history of the handout, Bonnie shared this thought, "Well, you know Intuitive types and good ideas!"

Shortly after it was published, Mary McCaulley, co-founder of the Center for Applications of Psychological Type, saw the pumpkin soup recipe in *Elements* and requested permission to reprint it. **Enjoy the recipe, both as a teaching tool for psychological type and a delicious soup**—whichever directions you choose to follow.

Please note that all the instructions for each type function are based on a passing familiarity with the directions for Sensing types.



Pumpkin Soup Ingredients

- ▶ 1/2 lb. mushrooms, sliced
- ▶ 1/2 c. chopped onions
- ▶ 2 Tbs. butter
- ▶ 2 Tbs. flour
- ▶ 1 Tbs. curry powder
- ▶ 1 lb. canned or cooked, sieved pumpkin
- ▶ 3 c. broth, vegetable or chicken
- ▶ 1 Tbs. honey
- ▶ 1 c. evaporated milk
- ▶ Dash nutmeg
- ▶ Salt and pepper

Sensing Directions

- (1) Lay out necessary equipment: heavy pan, knife, caliper, thermometer, carpenter's level, tablespoons, and measuring cups.
- (2) Check ingredients. Consult a cookbook or call a friend to find out how much nutmeg is in a dash, and how much salt and pepper should go in a batch of pumpkin soup.
- (3) Chop mushrooms and onions. (Caliper will be helpful here; a 3/16 thickness recommended.) Sauté mushrooms and onions in butter. After the sautéing in butter, add one tablespoon flour. This thickens the sauce a bit before the addition of the liquids and results in a thicker soup. You will know the mushrooms are cooked when a table knife encounters resistance when you try to cut one. You will know the onions are done when a table knife passes easily through.
- (4) Add flour and stir to a paste. Add broth. (Be sure the measuring cup is on a level surface when you measure. Carpenter's level will be helpful here.) Add everything else except milk and simmer 10 to 15 minutes. Add milk and heat without boiling. (Thermometer will be helpful here. Do not let temperature rise above 200 F.)
- (5) Serve in tureen and bowls pleasing to the eye, and garnish with chopped fresh parsley.

Intuitive Directions

There is a lot of possibility for creativity in this soup. A good, rich pumpkin soup offers potential for synchronous cooking. Open your refrigerator. Let your imagination roam. Water chestnuts, olives, a dab of mustard, some pieces of chicken. Whatever. If you are going to call this pumpkin soup, it will be helpful to have some pumpkin; however, mashed carrots, squash or even sweet potatoes will do. You might want to start by sautéing any ingredient that needs this process. In this way you will need to use only one pan. Add the rest of the ingredients and taste until it seems right to you.

While the soup heats (it is better not to boil it if you've included milk), you will probably want to make some rolls to go with the soup—and while you're in the mood—you might consider cleaning the refrigerator, and as you have to be in the kitchen anyway, you might want to defrost the freezer. In fact, you could probably get a little start on next week's cooking by frying up that frozen hamburger in the freezer. But the frying pan's dirty. But that's OK because you'll be in the kitchen anyway so you can wash the dishes.

And while you're washing dishes, and thinking about the delicious soup on the stove, you can make plans either for a great soup tasting event, or for the restaurant you're going to open. Serve the soup in whatever is clean or send someone to the store for paper bowls.

Thinking Directions

- (1) Analyze the process. This recipe can be cooked quite efficiently if some thought is given to process. For instance: melt the butter in the pan over low heat while you chop the onions and mushrooms. If the broth has been refrigerated, it will cook more quickly if you let it warm to room temperature.
- (2) Analyze the equipment. Try to use as few utensils, pans and bowls as possible. For instance, if you first measure the curry powder, then the butter, then the honey with the tablespoon, you will have to wash it only once. (And the honey will slide off the butter.)
- (3) Analyze the recipe. Alterations should be made from the beginning. How many people are you serving? How much will each eat? Is the recipe large enough? Too large?
- (4) Proceed as with directions for the Sensing preference.
- (5) It would be logical to serve this soup from a pitcher.

Feeling Directions

You may need to substitute some ingredients according to who will be eating the soup, so these are just guidelines. If there is someone who doesn't like mushrooms, you can leave out the mushrooms, or substitute potatoes. If onions are hard on someone's stomach, you can leave them out or substitute parsley or green peppers. A full tablespoon of curry powder may sound too strong for someone, so you can leave it out or reduce the amount or substitute beau monde seasoning. In fact, you may want to wait until almost the last minute to decide whether or not to serve pumpkin soup. You may want to omit it entirely from your menu and serve another soup, or a dish that seems appropriate at that time.

Just right. Serve with a warm smile.

Notes

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