



Food Fest-Back to Basics

Puree of Butternut Squash Soup



Prep Time: 20 minutes Cook Time: 40 minutes Total Time: 60 minutes Servings: 6-8

Ingredients

4L Chicken Stock or Vegetable*
75g All Purpose Flour
125g Diced Celery
5ml Ground Cinnamon
250ml Whipping Cream

50g Butter
150g Diced Onions*
75g Sugar
2.5ml Ground Nutmeg
750g diced Butternut Squash*

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. Heat the butter in a large pot and smother the onions until translucent.
2. Add the celery and continue smothering an additional minute.
3. Add the flour to form a roux, cook a few minutes and cool.
4. Gradually dissolve the roux with the hot stock and add the fresh peeled, seeded and diced squash.
5. Add the spices and simmer until the raw flavour taste is eliminated.
6. Strain the soup, purée the pulp with a hand blender and return the purée to the liquid.
7. Season with salt, sugar and pepper and finish with cream.

Class Notes:
