



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

\*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.



# Food Fest-Back to Basics

Class Notes:

---

---

---

---

---

---