

Butternut Squash Soup

Yield: 8 servings

Ingredients

2 lbs. butternut squash
2 tbsp. olive oil
2 shallots, minced
2 celery stalks, chopped fine
1tsp. turmeric
1 inch ginger root minced
2 cups vegetable stock
½ cup coconut milk
2 tbsp. toasted pumpkin seeds
4 tbsp. sour cream
Sage and chili oil optional
Salt to taste

Preparation

1. Split the squash lengthwise and brush the cut sides with 1 tbsp. olive oil.
2. Place on a baking sheet cut side down and bake in the oven at 350° F for 30 minutes.
3. Remove from oven and let cool off, then remove the seeds and save for other use.
4. Place the squash with 1 cup stock in the blender and puree fine.
5. . Heat 1 tbsp. olive oil in a sauce pot and add the shallots to fry briefly, add the celery, ginger and turmeric and fry at low heat without browning.
6. Deglaze with the remaining stock and bring to a rolling boil.
7. Add the squash puree and bring to a slow boil.
8. Add the cream and simmer for 10 minutes
9. Season with salt and pepper
10. Garnish with pumpkin seeds and a dab of sour cream.

