

Roasted Butternut Squash Soup with Ginger & Sage

Serves 4 to 6:

Ingredients

2 medium butternut squash
1 medium Spanish onion
1 inch knob of ginger, peeled
2 tablespoons unsalted butter
1 garlic clove
kosher salt and freshly ground black pepper
2 sprigs sage leaves
6 cups chicken stock, preferably homemade
1 to 2 tablespoons brown sugar, if needed
freshly grated nutmeg
1/4 cup heavy cream

garnish:

2 tablespoons unsalted butter
squash seeds
sea salt
sage leaves

Preparation

Preheat oven to 375 degrees.

Cut butternut squash in half lengthwise and scoop out seeds, placing them in a strainer.

Place the squash halves cut side down on a baking sheet.

Add about 1/2 inch of water to the pan.

Roast in the oven for about an hour.

Separate seeds from squash pulp and rinse in a strainer.

Place seeds on a small baking sheet.

Put in oven and bake to dry out, about 10 minutes, tossing once midway.

Remove from oven and let cool.

Heat a dutch oven or soup pot over medium heat.

Sauté chopped onion and ginger in melted butter until translucent and golden.

Using a garlic press, add one garlic clove to the pot.
Season with kosher salt and ground black pepper and add sprigs of sage; cook for a minute.

Remove pan with squash from oven and let cool slightly.
Using a large spoon, scoop flesh out of the squash halves and add to pot.
Cook, stirring for about a minute.
Add chicken stock, preferably homemade, but you can substitute low sodium store bought stock.
Stir and bring soup to a simmer; cook for 15 to 20 minutes.

In a medium skillet, melt a tablespoon of butter.
Add squash seeds to pan and sauté until golden brown, about 3 minutes.
Remove with a slotted spoon to a bowl and season with sea salt.

In same skillet, add another tablespoon of butter and cook until slightly brown.
Add sage leaves to pan and cook for 2 to 3 minutes.
Season with a small pinch of sea salt.

Remove sage sprigs from soup pot.
Use a hand blender to puree squash and vegetables until smooth.
If you don't have a hand blender, use a blender or food processor to puree the soup in batches.

Depending on sweetness of squash, you may want to add some brown sugar to soup to balance flavor.
Grate a large pinch of nutmeg into the pot.
Stir 1/4 cup of heavy cream into soup.
Taste soup for seasoning, adding kosher salt and freshly ground black pepper as needed.

Ladle soup into bowls and garnish with fried sage leaves and sprinkle with squash seeds.
Drizzle with the browned butter from the pan.

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