

Roasted Butternut Squash Soup (with a little kick)

Butternut squash (appx 1.5-2 lbs)
Olive oil
Salt, pepper

1 teaspoon butter, melted
Vegetable oil
1 yellow onion, finely chopped (about 1 cup)
1 medium carrots, chopped (about 1/2 cup)
1 medium celery ribs, chopped (about 1/4 cup)
2 jalapeno, seeded and finely chopped (optional)
1/8 cup maple syrup
2 cups chicken stock
1/4 cup milk, I use whatever we have
Salt, pepper to taste
Parmesan cheese or fresh herbs for garnish (optional)



- ✦ Preheat the oven to 400°. Slice the squash in half lengthwise, scoop out the seeds and fibrous pulp. Use a sharp knife to score the neck portion of the squash several times, then rub the flesh with olive oil and season with salt and pepper. Roast the squash cut side down on a baking sheet until tender and lightly caramelized, about 1 hour
- ✦ In a medium stockpot set over medium heat, heat about a tablespoon of vegetable oil. Add the onions, carrots, celery and jalapeño, if using, and cook, stirring often, until tender, about 10 minutes. Add the maple syrup and cook, stirring frequently, until the syrup is reduced by two-thirds, about 5 minutes. Remove the stockpot from the heat and set aside
- ✦ When the squash is done, remove it from the oven and allow it to cool briefly. Remove the squash flesh from the skin and mix it into stockpot with the onion and carrot mixture. Return the stockpot to the stove. Turn the heat to medium, add the chicken stock and milk, bring to a simmer and cook for 5-10 minutes. Carefully transfer the soup to a blender and blend until smooth
- ✦ Garnish with parmesan cheese or fresh herbs if desired
- ✦ If for any reason your jalapeno pepper didn't give you enough spice, you can add some white pepper for extra kick



from the Springhower kitchen. Hope you will enjoy this recipe as much as we did ☺