



# BUTTERNUT SQUASH AND APPLE SOUP

*from Mother's Bistro & Bar, Portland, Oregon*

*Eden Family Fall Favourite*

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## PREP TIME

1 hour

## COOK TIME

1 1/2 hours

## SERVINGS

6 - 8

(2 cups per serving)

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## INGREDIENTS

- 5 pounds butternut squash, peeled, seeded, and diced (About 12 cups)
- 1 1/2 pounds (about 3 cups) Granny Smith apples, peeled, cored, and diced (about 4 cups)
- 1 (1-inch) piece cinnamon stick
- 1 1/2 teaspoons finely minced fresh ginger
- 5 1/2 cups vegetable stock, chicken stock or broth
- 1/2 cup maple syrup
- 1/8 teaspoon freshly grated nutmeg
- 4 cups half-and-half
- 2 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 1/2 cup unsweetened whipped whip cream, crème fraiche, or mascarpone, for garnish

## INSTRUCTIONS

In a large (8 to 10 quart) heavy stockpot, combine the squash, apples, cinnamon stick, ginger, and stock. Bring to a boil over high heat. Lower the heat to a simmer and cook, covered, until the squash and apples are very soft, 30 to 40 minutes. Don't overcook the vegetables or you won't have a silky soup.

Remove the pot from the heat and remove the cinnamon stick. Add the butter, maple syrup, nutmeg, half-and-half and salt and pepper and purée until smooth with an immersion blender, or in batches in a blender or food processor.

Pass the puréed soup through a fine mesh strainer set over another clean pot, pressing on the vegetable solids to extract as much liquid as possible. Discard the solids.

Return the pot to the stove and bring the soup to a boil over medium heat, stirring now and then. Lower the heat and simmer for 5 minutes to meld the flavours. Taste and add more salt and pepper if needed.

Ladle into bowls and serve topped with a dollop of unsweetened whipped cream, crème fraiche, or mascarpone, if desired.

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