

Butternut Squash

Hosted by Vaughn L. Vargus, Sr. Executive Chef, Housing•Dining•Hospitality

Total Time: 50 min

Prep 10 min

Cook 40 min

Ingredients

- 1/4 cup unsalted butter or oil
- 3 shallots, thinly sliced
- 1 clove garlic, smashed
- 2 tsp minced ginger
- fresh chive, plus more for garnish
- 2 tsp kosher salt
- 1 tsp white pepper
- 1 medium butternut squash (about 1 3/4 pounds), peeled, halved, seeded, and diced
- Juice of 1 lemon
- 2 1/2 cups water or low-sodium stock (chicken or vegetable)
- 2 tbl brown sugar
- 2 tablespoons creme fraiche or greek yogurt

Directions

1. Heat butter / oil in a large pot over medium heat. Add shallot, garlic, ginger, and 2 teaspoons salt pepper. Saute until soft and fragrant, about 3 minutes. Increase heat to medium-high, add squash continue to cook, stirring occasionally, until butter begins to brown, about 2 minutes. Add stock and bring to a boil. Reduce heat and simmer, stirring occasionally, for 20 minutes.

2. Puree soup in a blender, (work in batches if needed) or with an immersion blender. Return soup to pot and reheat over medium heat. Stir in lemon juice and brown sugar. Transfer soup to warmed soup bowls. Serve in warmed soup bowls as is or garnished with creme fraeche and chopped chive.

Nutrition Info (per serving):

1. Calories: 314
2. Total Fat: 16 grams
3. Saturated Fat: 9 grams
4. Total Carbohydrate: 44 grams
5. Protein: 3 grams
6. Cholesterol: 41 milligrams
7. Fiber: 4 grams
8. Sodium: 1469 milligrams



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