

Organic Butternut Squash Soup

from Organic Test Kitchen .com

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One of our favorite vegetables is Butternut Squash. It simply tastes fantastic. And, it has so much wonderful natural flavor you really don't have to do much to it. I'll often just cook it, puree, add some butter, a little salt & pepper and there you have it.. a plethora of natural flavor & goodness.

Well, here's the soup version of that basic side-dish. Hope you enjoy.

Shopping List

2 Medium Organic Shallots

5 Cups Spring or Distilled Water

4 Pounds Organic Butternut Squash

¾ Cups of Organic Heavy Cream

5 Tablespoons of Organic Unsalted Butter

1 ½ Teaspoons Organic Brown Sugar

Organic Ground Nutmeg for seasoning.

Sea Salt & Organic Black Pepper for Seasoning

Try to stick to organic ingredients but you can substitute if necessary.

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Preliminary (Chopping the Shallots & Prepping the Squash)

-Finely Chop 2 Medium Shallots.

-Fill a large saucepan with 5 cups of Distilled or Spring Water. Add the chopped shallots.

-Cover and put the Water with Shallots on medium heat. Note: if you own a saucepan with a steamer insert so much the better. Use this to heat up the water.

-Take out your cutting board and a 4 pound Butternut Squash.

-Cut 1-1½ " slices from the "neck" of the squash to the end (note if you do not have the strength and knife skills to do this safely it would be best if you skipped this recipe. It's not worth cutting yourself over).

-Using a paring knife cut off the skin from each cut section of the squash. Also, cut out the inside of the lower end cuts that contained the strings & seeds. Discard the last bottom cut (there's not enough squash there to be worth the trouble and it is difficult to remove the skin safely).

-Now that the skin, strings and seeds are removed place each flat section on the board and cut into smaller pieces (I tend to cut into sections, rotate and cut again leaving beautiful rectangles of squash).

Main Event (Cooking the Squash, Pureeing & Adding the Remaining Ingredients)

-Add the cut squash to the saucepan with water (be careful not to splash and burn yourself). Turn the heat up to high, cover and bring to a boil. If you are using a vegetable steamer add the cut up squash to the steamer insert.

-Turn the heat down when a boil has been achieved (be careful you don't boil over).

-Cook until the squash is very tender..about 15 minutes.

-Remove the saucepan with the water and squash from the heat.

-Using a slotted metal spoon to remove the squash if boiling and transfer to a large bowl or simply remove the steamer insert with the cooked squash and transfer to a large bowl.

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Main Event (continued)

- Set the water in the saucepan aside.
- Set the large bowl with the cooked squash aside to cool for about 15 minutes.
- Measure out $\frac{3}{4}$ Cup of Heavy Cream.
- Add the heavy cream to the cooked squash in the large bowl.
- Roughly break up and mix using a fork.
- Add a third of the Squash/Heavy Cream mixture to a blender. Be sure to place the blender cover on.
- Puree using the blender by pulsing until smooth.
- Carefully transfer to the water in the saucepan that was set aside (don't splash and burn yourself).
- Repeat this process two more times until all the squash has been pureed and added to the saucepan.
- Add 5 Tablespoons of Unsalted Butter to the Saucepan.
- Add $1\frac{1}{2}$ Teaspoons of Brown Sugar to the Saucepan.
- Sprinkle in a little Ground Nutmeg to the Saucepan.
- Gently heat and stir until the butter is melted and all the ingredients combined.
- Let your guests season with salt & pepper to their own taste

Note: We found that it took a few hours for the soup to develop it's full flavor. Also, this is a great soup to make a day ahead and reheat. Hope you enjoy the goodness of this homemade organic soup. Live well and live naturally.