

A RECIPE FROM HERONS KITCHEN

BUTTERNUT SQUASH SOUP

YIELDS: 6 SERVINGS

- 2 LARGE BUTTERNUT SQUASH
- OIL, AS NEEDED
- 1 LARGE ONION, SLICED
- WATER, AS NEEDED
- HEAVY CREAM, 1 QUART
- SALT, TO TASTE
- MAPLE SYRUP, TO TASTE

METHOD:

CUT THE BUTTERNUT SQUASH IN HALF AND REMOVE THE SEEDS. COAT WITH THE OIL AND SEASON WITH SALT AND PLACE ON A SHEET TRAY IN A 400° OVEN AND BAKE UNTIL THE FLESH IS FORK TENDER, APPROX.. 40 MINUTES.

ONCE THE SQUASH HAVE BEEN COOKED REMOVE THE SKIN AND RESERVE THE FLESH. HEAT A SOUP POT OVER MEDIUM HEAT AND GENTLY COOK THE SLICED ONION UNTIL IT BEGINS TO TURN TRANSLUCENT. ADD IN THE RESERVED SQUASH FLESH AND COVER WITH WATER. ALLOW TO COOK FOR 15-20 MINUTES, STIRRING OCCASIONALLY. THE MIX SHOULD BE FAIRLY THICK AT THIS POINT. NOW THE CREAM SHOULD BE ADDED. RETURN THE MIX TO A SIMMER, REMOVE FROM THE HEAT AND PUREE IN A BLENDER ON HIGH. PASS THE SOUP THROUGH A FINE SIEVE AND SEASON WITH SALT AND MAPLE SYRUP TO YOUR TASTE.