

Fall Squash Soup



A Taste of *The Café* AT THE FRICK

Serves: Yields 2 quarts

Prep Time: 1 hour

Ingredients

1 large butternut squash (should yield about 4 cups roasted)
5 shallots, roughly chopped
3 tablespoons fresh sage leaves
3 tablespoons fresh parsley
2 cups water
1 quart heavy cream
1/2 cup brown sugar
3 tablespoons cinnamon

Procedure

Preheat oven to 350 degrees. Cut squash in half lengthwise and discard seeds, cover in olive oil and sprinkle a couple pinches of salt and pepper and place flesh side down on a sheet tray (can use a baking dish, roasting pan, or something similar). Bake in the oven (350 degrees) till soft and flesh can be easily scooped out with a spoon. Baking time varies depending on the size of the squash, anywhere from 45 minutes to 1 hour.

While squash is roasting, sauté the chopped shallots in a large pot over medium-low heat until translucent. Add the sage leaves and parsley leaves and sauté briefly (1 minute). Add water and bring to a simmer. Next add roasted squash, heavy cream, brown sugar, and cinnamon. Mix well and bring to a simmer. Puree with a hand mixer or in batches in a blender (be careful as the mixture is hot). Ladle into bowls and serve immediately garnished with some fresh sage leaves.

Bon Appetit!