



FARMERS MARKET

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Curried Butternut Squash Soup –

4 tbl. butter
2 cups finely diced chopped yellow onions
4 to 5 tsp. curry powder
2 medium-size butternut squash (about 3 pounds all together)
2 apples, peeled, cored and chopped
3 cups chicken stock
1 cup apple juice
Salt and freshly ground black pepper
1 shredded unpeeled Granny Smith apple or toasted coconut flakes (garnish)

1. Melt the butter in a pot. Add chopped onions and curry powder and cook, covered, over low heat until onions are tender, about 25 minutes.
2. Meanwhile peel the squash (a regular vegetable peeler works best), scrape out the seeds and chop the flesh.
3. When onions are tender, pour in the stock, add squash and apples, and bring to a boil. Reduce heat and simmer, partially covered, until squash and apples are very tender, about 25 minutes.
4. Pour the soup through a strainer, reserving liquid, and transfer the solids to the bowl of a food processor fitted with a steel blade, or use a food mill fitted with a medium disc. Add 1 cup of the cooking stock and process until smooth.
5. Return pureed soup to the pot and add apple juice and additional cooking liquid, about 2 cups, until the soup is of the desired consistency.
6. Season to taste with salt and pepper, simmer briefly to heat through, and serve immediately, garnished with shredded apple or coconut flakes.

Credit: The Silver Palate Cookbook