



HOME COOKING

with Cathy

by **Cathy Abemethy**

**HOME PROMOTER
CONTRIBUTOR**

Hello everyone. The fall season has officially arrived. I thought I would share with you a soup which Jim and I enjoyed at a Niagara Vineyard many years ago. Roasting the squash first brings out the sweetness in the soup. It's also much easier than trying to peel the squash. I hope everyone is making time to enjoy all the wonderful fall fairs and festivals which we are so fortunate to have in Clarington.

Butternut Squash Soup with Maple Sage Cream

Serves 6-8

1 lb. butternut squash	4 cups light chicken stock (you can also use vegetable stock)
2 Tbsp. vegetable oil	1 Yukon Gold potato, peeled and diced
1 large onion diced	1 ½ tsp. chopped fresh thyme
1 celery stalk, diced	Dash of ground nutmeg
1 carrot, peeled and diced	¼ cup whipping cream (optional)
1 garlic clove, minced	Salt and pepper

Maple Sage Cream:

½ cup whipping cream
1 Tbsp. pure maple syrup
1 tsp. finely chopped fresh sage

Whip cream to soft peaks and fold in maple syrup and sage. Spoon over bowls of soup immediately before serving.

I have also taken a few fresh sage leaves from the garden and sautéed them in butter for about 5 minutes. They make a wonderful garnish for this soup and seem to melt in your mouth.

Preparation

Preheat oven to 350 F. (175C).

Cut squash in half lengthwise and scoop out seeds. Place flesh-side down on a buttered baking sheet and roast for 30-40 minutes, until tender. Allow squash to cool and peel off skin.

In a medium saucepan, heat oil and sauté onion, celery and carrot until tender, about 5 minutes. Add garlic and sauté about 1 minute. Add chicken stock, squash, potato, thyme and nutmeg and simmer until potato is tender, about 20-30 minutes.

Puree using a hand blender or a food processor. Strain if needed. Return to heat and add cream. Season to taste and bring just to a simmer before serving.