



HOME COOKING

with Cathy

Hello there. I think this is definitely soup weather. I have made this delicious soup a few times and it's always a hit. This recipe was shared by Bill Tomlinson, a fine Orono gentleman. Thanks Bill! I hope you enjoy!

by Cathy Abernethy

CLARINGTON PROMOTER
CONTRIBUTOR

Poppa T's Original Squash Soup

INGREDIENTS:

- 3 ¾ lbs. Butternut Squash- peeled and diced
- 3 pears (very ripe)
- 1 medium size yellow onion (finely chopped)
- ½ tsp. salt
- 1/8 tsp. white pepper
- ¼ tsp. ground nutmeg
- ¼ tsp. ginger
- 1/8 tsp. cardamom
- 2-4 cups chicken stock
- ¼ cup maple syrup
- 2 Tbsp. of sulphur-free molasses

DIRECTIONS:

1. Put all of the above in a crock pot. If you do not have a slow cooker, you can use a Dutch oven at 350 F or simmer on stove top in a heavy bottom pot. Add as much chicken stock as needed to cover ingredients in pot. Cook until tender. Do not boil.
2. Then using a food processor or a food mill blend until smooth. You can also use a stick blender. You can add more stock if soup is too thick.
3. At this point you can freeze your soup or keep in the refrigerator for a few days.
4. To serve: When you are heating you soup, add the following ingredients to the above mixture 2- 4 oz. of butter and ¼ cup heavy cream(35%)

