

2011 Apple Festival Recipes

At Portland Nursery

Chef Maxine Borcharding, Oregon Culinary Institute

Curried Butternut Squash Soup with Apples

This is the signature soup at the [Troppo Restaurant](#) in Lansing, MI. The recipe appeared in the August 22, 2007 [Lansing State](#). I love this soup and make it whenever the weather turns cool and wet.

3 tbs extra-virgin olive oil
1 cup chopped onions
4 cloves garlic, minced
1 tbs curry powder
1 tsp ground cumin
cayenne pepper to taste
2 1/2 lbs butternut squash, peeled, seeded, halved lengthwise, and sliced thin
3 cups vegetable or chicken broth
3 cups water
1 lb tart apples, peeled, cored, and chopped
Salt and pepper to taste

Heat the olive oil in a soup pot large enough to accommodate all of the ingredients.

Add the onion and sauté until golden brown.

Add the garlic, curry powder, cumin, and cayenne pepper; cook, stirring constantly, 30 seconds or until the spices are fragrant.

Add the squash, vegetable or chicken broth, water, and apples. Bring the liquid just to a boil; reduce the heat to low and simmer, covered, 25 minutes or until the squash is tender.

Puree the mixture with an immersion wand. If you do not have one, remove the pot from the heat and let the soup cool 15 to 20 minutes. Puree the mixture in batches in a blender or food processor, and transfer the soup back into the soup pot.

Season with salt and pepper to taste. At this point, the soup may be refrigerated until ready to serve.

Warm over low heat, stirring until hot. Serve in soup bowls garnished with a swirl of yoghurt, or a few drops of lemon scented olive oil

Makes 6 servings.

Alternative method: Halve and seed the squash. Brush the cut sides with olive oil and place on a parchment sheet in a roasting pan. Bake at 350 degrees until tender. Cool the squash, scoop the flesh out with a spoon, and add to the broth with the apples. Simmer until the apples are tender and continue with the recipe as noted. I find this method easier than peeling and slicing the raw squash, which can be quite hard and challenging to peel and slice. The squash can bake away unattended, and when I am ready to make the soup, it cooks up a lot quicker.