



SHELburne FARMS

Squash Soup Recipe

From James McCarthy, Special Events Chef at the Inn at Shelburne Farms

INGREDIENTS

2 ½ cups squash purée *
4 cups squash stock**
2 medium sweet onion – quartered
2 bay leaves
2 dried red chilies
2 cups apple cider
¼ c grated ginger (save peels)
⅔ cup maple syrup (grade 'B' or dark amber)
1 ½ teaspoon allspice
1 ½ teaspoon cinnamon
1 ¼ cup heavy cream
2 teaspoons apple cider vinegar
Salt

***For the squash purée**, I like to use a combination of buttercup squash, butternut squash, and/or sweet pie pumpkins. Cut them in half lengthwise, remove the seeds, and roast in a 375°F oven until tender and slightly browned. Separate the flesh from the skins and set aside the skins for use in the stock.

****For the stock**, combine 6 cups of water, squash skins, ginger peels, 1 of the onions, 2 bay leaves, and 2 whole chilies in a large stockpot and bring to a boil. Cover and let simmer (gently) for 30 minutes. Strain and discard the skins. If the liquid is less than 4 cups, make up the difference with some water.

DIRECTIONS:

In a large pot combine the squash puree, stock, apple cider, and the final onion and bring to a simmer over medium heat. Let simmer for 10 minutes. Remove from the heat and add the ginger. Blend the soup using either a hand blender or in batches in a counter top blender until smooth. Stir in the maple syrup, heavy cream, allspice, cinnamon, and vinegar until combined. Add salt to taste (approx ¼ cup). If you want to get fancy with it, garnish with some chopped sage or a little hazelnut oil.