

Butternut Squash Bisque

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

*You can substitute other winter squash such as acorn or curry. Feel free to experiment with different flavor profiles and combinations.

*Another great garnish option is to drizzle a bit of cashew sour cream before serving.

Step 1: Preparing the Soup

- 1 1/2 tbsp olive oil
- 3 shallots, minced
- 1/4 cup sherry wine
- 2 1/2 cups butternut squash, peeled and steamed or boiled until fork-tender*
- 3 1/2 cups vegetable stock
- 2 tbsp maple syrup or molasses
- 3/4 tsp sea salt
- Toasted pumpkin seed oil to drizzle as garnish (optional)
- Fried sage leaves
- Roasted chestnuts, sliced

First gather and prepare your mise en place.

To prepare the bisque, bring a soup pot to medium-high heat and add the olive oil. Add the shallots and sauté until golden and translucent, then deglaze with the sherry. Allow the wine to evaporate, then add remaining ingredients, bring to a simmer and cook for 10 minutes.

Using a stick blender or counter top blender, combine all remaining ingredients until smooth. Season to taste and serve.

As an option, garnish with a drizzle of pumpkin seed oil, sliced roasted chestnuts and fried sage.