



Mediterranean Styled Butternut Squash Soup

Recipe inspiration from Farmer Lee Jones – The Chef's Garden

- 1 pound 12 ounces Butternut squash
- 2 Tablespoons avocado or olive oil, divided
- 1 cup chopped onion
- 2 large garlic cloves, minced
- 1 Tablespoon fresh minced ginger
- 1/2 teaspoon ground cumin
- 1/4 teaspoon (each) ground coriander; ground cinnamon
- 1/8 teaspoon (each) ground nutmeg; ground black pepper
- 2-1/2 to 3 cups chicken or vegetable stock
- 2 Tablespoons sweet white miso
- 2 Tablespoons maple syrup
- 1/4 cup heavy cream

Suggested condiments: chopped dates, chopped pistachios, torn kale

Serve with: Mediterranean Pita Crackers

Roasting Butternut Squash:

1. Preheat oven to 425 degrees F. and line a baking sheet with parchment paper.
2. Carefully halve the squash and scoop out and discard the seeds or use in another recipe.
3. Slice each squash half in half to make quarters. Brush or rub 1 Tablespoon oil over the flesh of the squash. Place quarters, cut sides up onto baking sheet.
4. In 425 degrees F. oven, roast for 35 minutes or longer until orange flesh is easily pierced through with a fork and lightly caramelized. Set aside to cool until can be handled.
5. Peel off and discard squash skin, chop squash into smaller chunks. Set aside.

Preparing Squash Soup:

1. In a large Dutch oven or soup pot, heat 1 Tablespoon oil until shimmering, add onion; sauté about 6 minutes, stirring occasionally. Add garlic and minced ginger; sauté about 3 minutes. Add cumin, coriander, cinnamon, nutmeg, and ground pepper; sauté 1 minute until spices are fragrant.
2. Add the squash chunks, toss to coat with spice mixture; add chicken or vegetable stock. Use enough stock to cover the squash. Stir in miso and maple syrup.
3. Bring to a boil; reduce heat to simmer; cover; cook for about 25 to 30 minutes to allow the flavors to meld.
4. Using a hand-held immersion blender, puree soup until very smooth. Stir in the cream. Remove soup from heat.

Serving the Soup:

Serve soup in bowls; dot with drizzles of cream, swirl with the tip of a knife or toothpick. Garnish each bowl with a small piece of kale. Serve soup with available sides of chopped dates, chopped pistachios, extra torn kale and/or Mediterranean pita crackers. Yield: Serves 4 to 6

Recipe Inspired by: The Chef's Garden, Farmer Lee Jones. For his original recipe see: <https://www.farmerjonesfarm.com/blogs/recipes/fall-squash-soup>

Tasty Tip from The Chef's Garden:

Because fall squash has a fair amount of starch, something that differentiates this crop from summer squash, you can shave the neck of a butternut squash and then fry the shavings into flavorful chips.

About the Recipe: You can keep your preparation for butternut squash incredibly simple by roasting it, but it also can be grilled, seared, or charred. Since it has natural sugars, the flavor comes out with high heat, adding a tasty, caramelized flavor to the finished soup. A Mediterranean combo of seasonings creates a mild spicy addictive flavor. The soup is finished with just a touch of cream for a smooth finish. Serve your favorite add-ons with it along with some crunchy Mediterranean pita crackers.

About the Chef's Garden Farmer:

Farmer Lee Jones is an expert on regenerative agriculture and has presented at national and international conferences and seminars, including at The Culinary Institute of America's Greystone Flavor Summit, The American Culinary Federation's National Convention, the Women Chefs and Restaurateurs National Conference, and Chef Raymond Blanc's American Food Revolution in Oxford, England. He was honored to receive the James Beard Foundation's award for Who's Who in Food & Beverage, making him one of the first farmers to receive it. For More Information See: <https://www.gloriagoodtaste.com/wp-content/uploads/2021/06/Bio-Farmer-Lee-Jones.pdf>