

## T. Cook's Signature Butternut Squash Soup

A traditional soup generally served in the Fall, most can find good quality butternut squash year-round. The savory ingredients of this preparation balance the sweetness of the squash and provide complexity not typically associated with this dish.

### Ingredients

- 1 Tablespoon olive oil
- 1 large carrot, peeled and diced
- 1 medium onion, peeled and diced
- 1 Tablespoon fresh ginger, peeled and minced
- 1 clove garlic, minced
- 2 ¼ pounds butternut squash, peeled and diced large
- 4 Cups chicken stock or water
- 1 Cup heavy cream
- ¾ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ Cup pepitas (green pumpkin seeds), toasted
- 2 Tablespoons pumpkin seed oil
- Salt and white pepper to taste



### Directions

Heat olive oil in a stockpot over medium heat. Sauté the carrot, onion, ginger and garlic until the onions begin to soften, about 5 minutes. Stir in the butternut squash and cook another 5 minutes, stirring occasionally to prevent sticking. Pour in the stock or water, turn up the heat and bring to a boil. Reduce heat to a simmer and cook until the carrots and butternut squash are soft, about 20 minutes, stirring occasionally.

Stir in the cream and spices and cook just until cream is heated. Purée the soup until smooth with a hand-held blender, or in a full-size blender, in batches, filling only half-full each time. Be careful when pureeing hot liquid as it tends to escape from the blender. Season with salt and white pepper to taste and, if desired, strain soup through a fine mesh strainer. Divide soup evenly between 6 warmed bowls. Garnish with pepitas and a drizzle of pumpkin seed oil.