

ACORN SQUASH



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Roasted Acorn Squash Soup

INGREDIENTS

- 2-3 acorn squash
- 4-6 cloves garlic
- 1-2 shallot
- 1 ounce butter
- ½ cup diced onion
- 3 cloves garlic, minced (paste)
- 1 quart chicken stock
- 1 cup heavy cream
- Salt and freshly ground black pepper

PEAK SEASON

September–December

DIRECTIONS

- 1** Cut the squash in half and scoop out the seeds. Place cup-side down on a baking sheet over some garlic cloves and a bit of shallot, then roast in a 400 degree Fahrenheit oven until tender, 15-20 minutes (maybe less if smaller).
- 2** When the squash are tender, remove them from the oven carefully and set aside to cool slightly. When you can handle the squash safely, peel the skin off the flesh of the squash and set aside. Discard the skins.
- 3** Melt the butter in a stock pot over medium-high heat. Saute the onions and garlic until softened and fragrant, then add the stock, squash, and roasted shallot and garlic. Bring to a boil, and reduce to a simmer. Cook gently until all the vegetables have softened, about 20-30 minutes.
- 4** With an immersion blender, or your favorite blending device, puree the soup until it is smooth, adding the cream in a slow stream until it is fully incorporated. Adjust the seasoning of the soup with salt and pepper.

Note: This recipe works well as a base for many different vegetables. All varieties of winter squash can be treated similarly, and the rough ratios work for many other creamed soups.

Recipe provided by
Eastern Market Chef
Aaron Egan

