

Butternut Squash Soup

Ingredients

- 3 Small Butternut Squashes, About 1.6kg Total Weight
- About 2 TBSP Olive Oil
- Salt & Freshly Ground Black Pepper
- Freshly Grated Nutmeg
- 25g Butter
- 1 Large Onion, Roughly Chopped
- 2 Large Carrots, Roughly Chopped
- 2 Large Celery Sticks, Sliced
- 2.5cm Piece Fresh Root Ginger, Grated
- 1.2 - 1.3 litres (2-2½ pints) Vegetable Stock
- Leaves From 1 Small Sprig Of Fresh Rosemary, Chopped



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Method

- Preheat the oven to 200°C/Fan 180°C/Gas 6.
- Cut the butternut squashes in half lengthways, scoop out the seeds with a metal spoon and discard. Arrange the squash halves cut-side up in a roasting tin just big enough to hold them in a single layer, and drizzle over the olive oil. Season each squash half with salt, pepper and freshly grated nutmeg. Pour 150ml (¼ pint) water around the squash. Roast in the preheated oven for about an hour or until tender. Allow to cool.
- Melt the butter in a large pan and add the onion, carrot, celery and grated ginger. Cook over a high heat for a few minutes, stirring continuously. Add the stock, rosemary and seasoning, and bring to the boil for a few minutes. Cover and continue to cook over simmering heat for about 20 minutes until the vegetables are tender.
- When cool enough to handle, scoop the flesh from the squash skins and add to the pan. Blend the vegetables in a liquidiser or food processor until smooth. (If you use a food processor, it is easier to process the vegetables with a little of the liquid, adding the remaining liquid to the processed vegetables to make the soup.)
- Taste for seasoning and serve hot with crusty bread.