

Vegan Kabocha Squash Soup

By Chef Ben Harrison for the Holiday Infusions Workshop



Ingredients:

5 cloves garlic
8 ounces ginger root
1 ½ cups olive oil
6 medium carrots peeled (reserve 1 cup of tender tops)
8 pounds kabocha squash
32 ounces thai coconut milk
6 cups vegetable stock
12 basil leaves
15 mint leaves; chocolate or grapefruit (preferably not spearmint)
1 tbsps ground cardamom
1 tbsps garam marsala
Salt to taste

Groceries for this recipe can be found at our local FARMstead ED Friends: Windrose Farm, The Groves on 41, Spice of Life

Soup

1. Preheat oven to 375 deg. F
2. Peel and remove seeds from kabocha squash and chop into one inch pieces. Place in bowl. Add ¼ cup olive oil, 3 heavy pinches of salt, stir and place onto a sheet pan. Cook in oven for 20 minutes.
3. Chop garlic, ginger, and carrots; place in soup pot, add ¼ cup olive oil, bring to medium heat, stir frequently for 4 minutes.
4. On a separate burner heat vegetable stock.
5. Add roasted squash to the soup pot along with the coconut milk.
6. Decrease soup stove burner to low and add simmering vegetable stock.
7. Stirring occasionally, incorporate all ingredients while keeping them from sticking to the bottom of the pot. If contents do stick, don't scrape it from the bottom.
8. Allow soup to simmer for about 15 minutes, then turn off heat and add spices, and half of the basil and mint leaves.
9. With an immersion blender, blend all the contents of the soup.

Pesto Oil for finishing

1. For pesto oil, start a blanching liquid with 4 cups water and 2 tbsps salt, bring to a boil then turn off. Add remaining basil, mint and 1 cup of tender tops of carrots. Leave in water for only 15 seconds.
2. Prepare an ice bath in a large bowl. Pour blanching liquid through a fine metal sieve and dunk the greens into the ice bath.
3. Lightly squeeze the greens and place in a blender. Add a cup of olive oil and blend all until completely emulsified.

Buon Appetito!

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