

## Maple Roasted Butternut Squash Soup



### Fun facts:

- Butternut squash and other varieties of squash are one of a very few options for in-season produce we can find in the winter.
- Farmers will “cure” their harvest to extend their shelf life. Curing is simply storing the winter squash at a warm temperature with good air circulation for a period of time, usually 10 to 14 days. Curing squash allows some of the excess water to exit the fruit. By getting rid of this excess water the fruits respiration rate slows and the flesh becomes sweeter, which helps reduce chances of rot and enhances it’s long-term storage capabilities.
- The older a squash is, the less water content in the flesh, the thicker its skin will become and the sweeter the flesh.

### **Day 5 - Rooks to Cooks’ Top 10 Holiday Recipes Countdown**

#### Rooks to Cooks’ Maple Orange Roasted Butternut Squash Soup

*Yield: 8 servings*

### Ingredients:

- 1 small butternut squash, halved and de-seeded
- 2 small onions, diced
- 2 cloves garlic, minced
- 1 sprig sage, finely diced

- 2 litres vegetable or chicken stock
- 1 Tbsp maple syrup
- 3 Tbsp olive oil
- 1 Tbsp orange juice
- ½ orange zested
- ½ tsp cinnamon
- ½ tsp nutmeg
- Salt & pepper to taste

Directions:

1. Preheat oven to 375F.
2. Line a sheet pan with parchment and place the squash flesh side up.
3. In a small bowl whisk together the maple syrup, 2 Tbsp of the olive oil, orange juice, zest, cinnamon, nutmeg and a pinch of salt & pepper.
4. Using a pastry brush, brush the mixture ovetop of the squash.
5. Sprinkle with salt and pepper and roast in the oven for 20 - 30 minutes, or until squash is browned and soft.
6. In the meantime, heat the remaining oil in a medium pot. Sweat onions until clean. Scoop the roasted squash out and away from the skin. Add to pot and top with the stock. Bring contents to a simmer, cover, and let cool for 15 minutes. When squash and onions are soft, remove from heat.
7. Add to a high velocity blender or using an immersion blender, puree until smooth. If need be, add additional stock to thin out.
8. Season with salt, pepper, and maple syrup (optional) to taste.
9. Serve hot with toasted pumpkin seeds and sour cream, if desired.