

Cook's Country

Curried Butternut Squash and Apple Soup



SERVES Serves 4

TIME 1¾ hours

WHY THIS RECIPE WORKS

While developing our Curried Butternut Squash and Apple Soup recipe, we found that peeled, cubed squash roasted faster than large halves and developed more flavorful browning. When roasting the squash, we boosted the oven temperature to guarantee consistently good caramelization as well as thorough cooking. Onions imparted a sharp taste that stole the thunder from the squash, so we switched to sweeter, milder shallots. Instead of starting the Curried Butternut Squash and Apple Soup's base of chicken broth and vegetables on the stovetop, we

reduced it in the oven: once the vegetables had browned, we added a bit of broth to deglaze the roasting pan and popped it back in the oven. Only after pureeing the soup in the blender did we turn on the stove and heat everything through. Finally, a pinch of curry powder added depth and maple syrup drew out even more of the squash's sweetness in this Curried Butternut Squash and Apple Soup.

INGREDIENTS

- 1** medium butternut squash (about 3 pounds), peeled, seeded, and cut into 1 1/2-inch chunks (see related Step by Step)
- 1 ½** pounds Golden Delicious apples, peeled, cored, and chopped

BEFORE YOU BEGIN

***** Because the bulbous end of butternut squash contains the seeds and stringy fibers, purchase squash with a relatively long neck—they have more usable flesh. You can replace the chicken broth with vegetable broth for a vegetarian version of this soup.

- 3** medium shallots,
peeled and
quartered
- ¼ cup vegetable oil
- Salt and pepper
- 4** cups
low-sodium
chicken broth
(see note)
- 1** tablespoon
maple syrup
- ½ teaspoon
curry powder
- ¼ cup heavy cream

INSTRUCTIONS

1 Adjust oven rack to middle position and heat oven to 450 degrees. Toss squash, apples, shallots, oil, 1 teaspoon salt, and ½ teaspoon pepper in large bowl, then arrange in single layer in large roasting pan. Roast, stirring occasionally, until vegetables are golden brown and softened, about 45 minutes. Add ½ cup broth to pan and scrape up any browned bits with wooden spoon. Return to oven and cook until liquid has reduced and vegetables are glazed, about 5 minutes.

2 Working in 2 batches, puree squash mixture and remaining broth in blender until smooth. Transfer pureed squash mixture to large saucepan and stir in syrup, curry powder, and cream. Bring soup to simmer over medium-low heat, adding $\frac{1}{4}$ cup water at a time as necessary to adjust consistency. Serve. (Soup can be refrigerated in airtight container for 3 days.)