

Butternut Squash Soup



4 tablespoons (1/2 stick) butter
2 medium shallots, minced (or four tablespoons of chopped onions)
3 pounds butternut squash (about 1 large), unpeeled, squash halved lengthwise, seeds and stringy fibers scraped with spoon and reserved (about 1/4 cup), and each half cut into quarters
6 cups water
Salt
1/2 cup heavy cream
1 teaspoon dark brown sugar
nutmeg or curry powder

In a Dutch oven or heavy pot over medium heat, melt the butter. Add onions and saute for several minutes. Add reserved squash fibers and seeds and saute about 4 minutes.

Pour water into Dutch oven, add 1 1/2 teaspoons salt, and place steamer basket over water. Place squash halves in steamer basket, cover pot, bring water to boil, and steam squash for 30 minutes, or until very soft.

Remove squash to a rimmed baking sheet to cool. Strain steaming liquid, pressing on solids to remove all liquid. Discard solids.

Scrape cooled squash from skin into a bowl. Working in two batches, blend the steaming liquid and squash together until perfectly smooth. Pour puree back into Dutch oven, and stir in cream and brown sugar. Salt to taste and add a pinch of nutmeg or 1/2 teaspoon curry powder. Heat soup to desired serving temperature.