

Butternut Squash Bisque (no oil)

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Preparing the Soup

- 3 shallots, minced
- 1/4 cup sherry wine (or vegetable stock)
- 2 1/2 cups butternut squash, peeled, cubed and steamed or boiled until fork-tender*
- 3 1/2 cups vegetable stock
- 2 tbsp maple syrup or molasses
- Toasted pumpkin seeds for garnish (optional)
- Roasted chestnuts, sliced (optional)
- 5-6 fresh sage leaves, sliced
- cashew sour cream (optional)
- fresh cracked black pepper (optional)

First gather and prepare your mise en place.

To prepare the bisque, heat a soup pot over medium-high heat. Perform the water test to determine if your pan is the right temperature.

Add the shallots and sauté gently until golden and translucent (do not let them get too brown), then deglaze with the sherry (or stock). Allow the liquid to evaporate, then add the squash, vegetable stock, and maple syrup. Bring to a simmer and cook for 10 minutes.

Using a stick blender or counter top blender, combine all remaining ingredients until smooth. Season to taste.

Optional Extras: Serve with a dollop of cashew sour cream and garnish with sliced roasted chestnuts, toasted pumpkin seeds, and fresh sage leaves.