



Squash Bisque

Remember you can use any type of squashes you like, roast (bake) them with the skin on in a 325 to 350 F oven for 45 minutes to one hour in order to save time and effort on the peeling. We love kabocha squash, Long Island Cheese Squash or butternut squash the best for the soup. If you can find kabocha it has a deep orange color that gives the soup a wonderful color.

INGREDIENTS:

- 2 1/2 to 3 pounds of squashes
- 1/4 cup butter (or use olive oil if you like)
- 1 medium onion
- 2 medium sweet potatoes, peeled and diced (or you can roast them whole with the squashes, peel and add to soup with the squash)
- 1/4 tsp cumin seeds, toasted
- 1 vanilla bean
- Pinch cinnamon
- 4 cups vegetable stock (or chicken stock) low sodium canned stocks work fine
- 1 cup skim milk
- 1 tbsp sherry vinegar (or to taste)
- Salt and pepper

1. Roast the squashes in the oven, season them with salt and pepper and coat lightly with olive oil. You can also sprinkle a little cinnamon on the or some nutmeg
2. Sauté onions, sweet potatoes in the butter.
3. Add the cumin seed, vanilla pod and cinnamon, allow spices to heat and release their aroma.
4. Add the squashes and the stock, depending on how thick you like the soup and how much squash you have you may need a little water.
5. Allow to simmer for 30 to 40 minutes, sometimes I have to add a little water if it is getting too thick.
6. Puree the soup, add seasoning and the vinegar. It is good to add the vinegar a little at a time, depending on the type of squashes you use you may need a little more or a little less.
7. Finish soup with the skim milk. You can leave the dairy out if you like.
8. For the best consistency and texture it is good to strain the soup, through a large holed china cap, if you use too fine of a china cap the soup will loose most of it's body. If you don't have a china cap, puree well and serve!