



GOLDEN DOOR®

PUMPKIN OR BUTTERNUT SQUASH SOUP

Recipe by: Chef Greg Frey Jr.

INGREDIENTS

- 1 medium Jarrahdale pumpkin (5-6 lbs.) or similar winter squash (butternut)
- 4 sprigs fresh sage
- 12 sprigs fresh thyme
- 1 tbsp whole cloves
- 1 tbsp whole peppercorns
- 1 tbsp allspice split lengthwise
- 6 star anise
- 2 vanilla seed pods
- 1 medium onion
- 3 large honey crisp or fuji apples
- extra virgin olive oil
- 1 qt. vegetable or light chicken stock

METHOD

Preheat your oven to 350 degrees (no convection preferred). Cut the pumpkin in half from top to bottom and scoop out the seeds (you can reserve these for toasting later). Prepare a baking pan that will fit both halves by spreading the spices and herbs to cover. Rub the pumpkins interior lightly with olive oil and salt and pepper. Place the pumpkin halves face side down on the spices. Be sure the halves cover all the spices and herbs so that none are exposed. Bake till pumpkin is very soft and a pool of juice has resulted in the pan, approx. 1hour+.

While the pumpkin is baking chop the onion in to rough pieces. Wash and core the apple and cut into same size pieces as the onion. In a large heavy bottom pot sweat the onion and apples in 2TBSP olive oil until the onions are translucent. Take care not to brown. add half the stock when done and remove from the heat.

Once the pumpkin is done peel off the skin, this should be easy or the pumpkin may need more time. Scoop the remaining pumpkin meat into a ricer and process into bowl, or pass through baking grate to break up. Strain juices from the baking pan into the pot. Add riced pumpkin to pot and bring to low simmer while stirring. Once hot blend with an immersion blender or counter top (countertop should not be filled more than half way). Add more stock until desired thickness return to simmer and it is ready to be served. Garnish with fresh chopped apples and/or toasted pumpkin seeds.

Nutrition per 6oz serving: 60 calories, 1 grams protein, 9 grams carbohydrate, 2.5 grams fat, 0 mg cholesterol, 0 grams saturated fat, 5 grams sugar, 273 mg potassium, 6 mg sodium, 2 grams dietary fiber