



» Spiced butternut squash soup

A lovely recipe for all sorts of occasions. It works particularly well at Christmas, or you can serve it in shot glasses as a canapé. It also works as a between-course treat for a dinner party.

Courtesy of Andrew Rudd, author and chef



» Ingredients



- » 1 butternut squash, about 1.5 kg
- » 2 garlic cloves, peeled
- » 50g butter
- » 2 onions, diced
- » salt and freshly cracked black pepper
- » 1 tsp curry powder
- » 1 tsp Thai curry paste (optional)
- » 1.5 litres vegetable stock
- » 100ml cream

For the spice mix

- » ½ tsp whole cumin seeds
- » ½ tsp whole coriander seeds
- » ½ tsp black peppercorns
- » 150g butter
- » 1 stick cinnamon
- » 1 tsp white mustard seeds

Prep: 20 minutes

Cook: 20 minutes

Serves 6–8

➤ Instructions



Preheat the oven to 200° fan/220°C/gas 7.

Cut the butternut squash in half lengthwise. Scoop out the seeds and membrane and transfer to a roasting dish and roast with the garlic in the oven for 15 minutes. Remove and allow to cool. Scoop out the now soft flesh and set aside with the roasted garlic cloves.

Add the butter to a heavy-bottomed pan over medium heat. Once the butter has melted add the onion. Sauté for 3–5 minutes or until the onions are translucent and cooked through but not brown, and then add in the roasted garlic and butternut squash. Season well with salt and pepper. Cover and sweat for about 5 minutes. At this stage, you can add the curry powder and curry paste, if you would like your soup to have a bit more kick.

In the meantime, heat the stock in another large saucepan. When it starts to simmer, add in the roasted, spiced vegetable mix and, using a hand blender, blend to a smooth soup. Pour in the cream to give a silky finish.

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To prepare the spices, dry fry the cumin, coriander, and peppercorns in a small pan until they release their aroma. Then transfer to a pestle and mortar, and grind roughly.

Add the butter and cinnamon stick to a small saucepan over medium heat and when the butter begins to foam, add the mustard seeds. When they start popping, add the ground spices and mix well to combine. Remove from the heat and discard the cinnamon stick.

Serve the soup in warmed bowls and drizzle the buttery spice mixture over the top. Have an extra drizzle of cream if you like.

Chef's tip: Roasting the butternut squash in advance really improves the flavour and reduces the cooking time for the soup.