

# Spiced butternut squash soup

Make a big batch of this silky smooth soup for a quick lunch or a light meal for unexpected guests.

The perfect winter warmer.



## INGREDIENTS

- 1 butternut squash (weighing about 1 kilo)
- About 4 tablespoons olive oil
- 50g plain flour
- 60ml vegetable or chicken stock
- 1 tablespoon mild curry powder or curry paste
- 125ml soured cream
- Half a small cucumber, (peeled if wished) and finely diced
- LoSalt and freshly ground black pepper, to taste

## METHOD

1. Preheat the oven to 180°C FAN/400°F/Gas Mark 6
2. Halve the squash lengthways, scoop out the seeds then cut away the skin or peel with a vegetable peeler. Cut into large chunks and scatter into roasting tin. Toss with a few tablespoons of olive oil, season with LoSalt and roast for approximately 30 minutes until tender.
3. Tip the butternut squash and any sticky pan juices to a large saucepan and stir in the curry powder. Cook on a high heat for a good 2 minutes to toast the curry powder and release the flavours.
4. Stir in the flour and cook for a further 2 minutes then gradually add the stock, stirring continuously. Bring to the boil, reduce the heat, half-cover and simmer for a further 30 minutes.
5. Leave soup to cool a little, then using an electric food blender or stick blender, puree the soup until smooth. Taste and adjust seasoning with LoSalt and freshly ground black pepper. Mix half the cucumber with the soured cream and season with LoSalt and pepper.
6. To serve, ladle the soup into warm bowls, and serve with a dollop of soured cream, some diced cucumber and a grinding of black pepper.

## ALTERNATIVE GARNISH: BEETROOT CRISPS

Preheat oven to 160°C FAN/350°F/Gas Mark 4. Peel and slice 2 medium beetroot very thinly, then rinse in cold water and dry well on kitchen paper. Arrange on a non stick baking tray and cook for approximately 25 minutes, or until crisp. Sprinkle with LoSalt and serve a pile on the side of each dish.

**SERVES 4**

**PREPARATION TIME – 15 MINS**

**COOKING TIME – 65 MINS**

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