

Butternut Squash & Apple Soup



Sweet butternut squash and tart Granny Smith apples (or any seasonal tart apple such as Nittany or Stayman) are enriched with cream and saffron in this savory soup. For a sit-down meal, serve the soup as a first course in warmed individual bowls. For a Thanksgiving buffet, present the soup in a warmed tureen so guests can help themselves. If desired, garnish the soup with croutons and a pinch of chopped fresh herbs, such as parsley or sage.

Ingredients:

- 3 Tbs. unsalted butter
- 1 Bermuda (large yellow) onion, chopped
- 1 butternut squash, about 3 lb.,
peeled, seeded and cut into 1-inch cubes
- 6 cups chicken stock
- 4 Granny Smith apples (or try Nittany or Honeycrisp), peeled, cored and
chopped
- 4 pinches of Spanish saffron threads, about
1 tsp. (optional)
- Pinch of freshly grated nutmeg
- 2 cups heavy cream
- Salt and freshly ground pepper, to taste

Directions:

In a large soup pot over medium heat, melt the butter. When the butter is foamy, add the onion and sauté, stirring occasionally, until tender and translucent, 4 to 6 minutes. Add the squash and stock, bring to a boil and reduce the heat to medium-low. Simmer, stirring occasionally, until the squash is tender when pierced with a fork, about 20 minutes.

Add the apples, saffron and nutmeg and simmer, stirring occasionally, until the apples are tender, about 15 minutes. Using a food processor or a blender, puree the soup in batches until smooth. Return the soup to the pot, stir in the cream, and season with salt and pepper. Warm gently as needed.

Ladle the soup into warmed bowls and serve immediately.

Serves 12.

Williams-Sonoma Kitchen.