

CANAS FEAST

FALL BUTTERNUT SQUASH SOUP WITH WARM SPICES AND TOASTED HAZELNUTS

PAIRED WITH 2010 PINOT NOIR MEREDITH MITCHELL VINEYARD, YIELD: 4 SERVINGS

Ingredients:

2 Butternut Squashes, Medium	¼ Teaspoon Red Pepper, Ground
2 Tablespoons Olive Oil	2 Cups Coconut Milk
1 Cup Onion, Diced	½ Cup Dry White Wine
4 Cloves Garlic, Minced	2 ½ Cups Stock or Broth, Chicken or Vegetable
1 Cup Carrots, Peeled, Diced ½"	Salt and Freshly Ground Pepper
1 Teaspoon Cinnamon	¼ Cup Hazelnuts, Toasted, Rough Chopped
½ Teaspoon Cumin	

Method:

1. Preheat oven to 350 °F.
2. Cut squash in ½ lengthwise, remove the seeds and place cut side down on a parchment lined baking pan. Pour ½ cup water on the parchment paper (reduces browning) and place the pan in the oven. Cook approximately 45 minutes or until tender (check by piercing with a knife) and cool 10-15 minutes.
3. Using a spoon, scoop the cooked flesh out of the squash. Measure out 4 cups of squash and freeze any remaining squash for the next batch of delicious soup.
4. While the squash is cooking, heat the olive oil in a Dutch oven or large, heavy pot over medium heat. Add the onion and garlic then cook, while occasionally stirring, until clear 5-7 minutes.
5. Add the carrots and continue cooking 10 minutes.
6. Add the cinnamon, cumin and red pepper then stir to combine and cook for 2 minutes allowing the spices to toast and release their flavor.
7. Add the wine and cook until reduced slightly.
8. Add the coconut milk and the stock or broth and stir to combine.
9. Add the squash puree and stir well to combine then bring back to the simmer and continue cooking for 15 minutes.
10. Puree the soup using a stick blender or counter-top blender until smooth (Careful! The soup is HOT).
11. Adjust seasoning with salt and pepper.
12. Serve in a warm bowl with toasted hazelnuts on top.