

Butternut Squash Velouté



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Butternut Squash Velouté Recipe.

Serves 8 to 12.

This soup is made using 2 kinds of winter squashes; butternut and acorn but one or another can be used instead as other varieties.

Soup

4.5 lb. (2kg) butternut and acorn squash, washed, peeled, seeds removed and cut into pieces

5 ounces (150g) yukon gold potato, peeled and chopped

7 ounces (210g) leek; white part only, chopped and washed thoroughly

8 Tbsp (125g) unsalted butter

7 ounces (210g) creme fraiche or sour cream.



Stock

Save veggie trimmings and squashes and seeds for the stock. Add a couple of star anis and cover with water. Bring to boil and cook for 30 minutes.

Remove some of the seeds from the stock for garnishing, pat dry and coat them with a dash of olive oil and salt. Toast seeds in a 350°F (180°C) oven for about 20 minutes.

Method

In a hot cast iron dutch oven or heavy bottomed pot, saute leeks with butter until fragrant for about 5 minutes on medium high heat. Add the chopped squashes, potatoes and cook for 10 minutes stirring every so often; uncovered. Pour in hot stock to cover the squashes mixture and bring to a boil and cover. Add some fresh grated nutmeg and salt to taste and cook for about 40 minutes, on low heat; covered. Add creme fraiche and blend.

Blending

The use of a powerful blender is recommended in order to get a perfect texture. Blend in two batches and pass soup through a sieve. Season with freshly ground black pepper. Add more nutmeg and salt if needed. This 'pumpkin' soup can keep refrigerated for up to 4 days.

Garnishing (optional)

Reduced carrot juice, bread croutons and unsweetened vanilla whipped cream.

For the reduced carrot juice, bring to boil 2 cups of carrot juice and reduce to 1/4 cup (60ml). Add a dash of heavy cream into the reduced carrot juice if necessary. For the croutons, cube out some bread and season with melted butter or olive oil, add some salt and spices; toast in the oven.

For the whipped cream, whip up a cup (250ml) of heavy cream with vanilla extract or seeds from a vanilla bean.

Plating: To get a smooth and airy texture, blend up the hot soup for a few seconds right before serving, add garnishing and serve. Bon appétit!