

Butternut Squash Bisque with Maple Cream

www.PlatingsAndPairings.com

Servings: 6

1 large (3 pounds) butternut squash, halved vertically, seeds removed

1 tablespoon olive oil

4 cups bone, chicken or vegetable broth, divided

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon cayenne

Kosher salt (to taste)

pepper (to taste)

1 tablespoon pure maple syrup

1 tablespoon bourbon

1/2 cup heavy cream

MAPLE CREAM

1/2 cup sour cream

2 tablespoons pure maple syrup

salt (to taste)

pepper (to taste)

GARNISH

fried sage leaves

chopped pecans

Preparation Time: 10 minutes

Cook Time: 1 hour

Preheat the oven to 425 degrees. Line a rimmed baking sheet with foil or parchment paper. Place the butternut squash on the pan. Drizzle each half with olive oil. Rub the oil over the inside of the squash and sprinkle it with salt.

Turn the squash face down and roast it until tender and cooked through, 40 to 50 minutes. Set the squash aside until it is cool enough to handle, about 10 minutes.

Use a large spoon to scoop the butternut squash flesh into a blender. Discard the skin. Add two cups of stock, being careful not to fill the container past the maximum fill line (work in batches, if necessary). Process until smooth.

Add the squash puree to a large sauce pot. Stir in the remaining broth, cinnamon, nutmeg, cayenne and a pinch of salt and pepper. Cook over medium heat until warmed through, about 10 minutes. Stir in the maple syrup and bourbon, if using, and the cream. Continue to cook for another 5 minutes. Keep warm over low heat until ready to serve.

Make the Maple Cream: In a small bowl, stir together the sour cream and maple syrup until thoroughly combined. Season with salt and pepper to taste.

Serve the soup hot in bowls with a drizzle of maple cream, and chopped pecans and chopped sage leaves on top.

Per Serving (excluding unknown items): 264 Calories; 14g Fat (44.8% calories from fat); 4g Protein; 35g Carbohydrate; 5g Dietary Fiber; 36mg Cholesterol; 29mg Sodium. Exchanges: 2 Grain(Starch); 0 Non-Fat Milk; 2 1/2 Fat.