
Chef John`s Butternut Bisque

Chef John

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Servings: 6

Preparation Time: 4 hours 15 minutes

Start to Finish Time: 50 minutes

3 tablespoons butter

2 cups diced onion

1 pinch Kosher salt

1 two pound butternut squash

2 tablespoons tomato paste

1 carton (32 ounce) low-sodium chicken broth

pinch cayenne pepper

1 teaspoon Kosher salt

1/2 cup whipping cream or creme fraiche

2 tablespoons pure maple syrup (for garnish)

chopped fresh chives

whipping cream or creme fraiche (for topping)

Melt the butter in a large pot over medium-low heat. Add the onion and a pinch of salt. Cook, stirring, until the onion is softened, 10 to 15 minutes.

Cut off the ends of the squash. Carefully halve the squash lengthwise and remove the seeds. Peel the squash and cut into chunks.

Increase the heat to medium-high. Stir in the tomato paste. Cook, stirring, until the mixture begins to brown and caramelize, about 2 minutes. Stir in the squash, broth, cayenne and remaining one teaspoon of salt until simmering. Reduce the heat to medium-low. Simmer until the squash is very tender, 15 to 25 minutes. Reduce the heat to low. Blend the soup with an immersion blender until very smooth. Stir in the cream and maple syrup.

Garnish the servings with a swirl of cream and sprinkle with chives and pomegranate seeds.

(Ungarnished soup keeps in an airtight container for up to three days chilled or three months frozen. To reheat, thaw overnight in the refrigerator and heat through over medium heat.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 209 Calories; 7g Fat (24.9% calories from fat); 6g Protein; 39g Carbohydrate; 6g Dietary Fiber; 16mg Cholesterol; 456mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 Fat.