

Squash Soup

Recipe courtesy Alton Brown

Recipe Summary

Difficulty: Easy

Prep Time: 10 minutes

Cook Time: 40 minutes

Yield: 4 servings

User Rating: 5 Stars

6 cups (about 2 large squash) seeded 2-inch wide chunks acorn squash

Melted butter, for brushing

1 tablespoon kosher salt, plus 1 teaspoon

1 tablespoon MSG

1 teaspoon freshly ground white pepper, plus 1/2 teaspoon

3 cups chicken or vegetable stock

4 tablespoons honey

1 teaspoon minced ginger

4 ounces heavy cream

1/4 teaspoon nutmeg

Preheat the oven to 400 degrees F.

Brush the flesh of the squash with a little butter and season with 1 tablespoon salt and 1 teaspoon freshly ground white pepper. On a sheet pan lay the squash flesh side up. Roast for about 30 to 35 minutes or until the flesh is nice and soft.

Scoop the flesh from the skin into a pot and add the stock, honey, and ginger. Bring to a simmer and puree using a stick blender. Stir in the heavy cream and return to a low simmer. Season with salt, pepper, and nutmeg.

Episode#: EA1E03

Copyright © 2003 Television Food Network, G.P., All Rights Reserved