

Spiced Squash Soup

serves 4

by Harry Sargent

Ingredients

- 1½ tbsp extra virgin olive oil
- 1 large red onion, chopped
- 5 sticks celery heart, stringed and chopped
- 1 apple, peeled, cored and chopped
- 3 cloves garlic, smashed
- A little-finger-sized piece of turmeric root, chopped
- 1½ tsp coriander seeds
- 1 tsp caraway seeds
- 1 tsp freshly grated nutmeg
- Crushed red chilli to taste
- Sea salt to taste
- Freshly ground black pepper to taste
- 2 sprigs rosemary
- 3 bay leaves
- 250ml wine
- 500ml vegetable stock
- 1 tin coconut milk, rinsed with 100ml water
- 2 tsp cider vinegar
- 1 butternut squash, roasted with olive oil in halves (skin on but seeds removed) until the skin is golden and blistered; flesh only

Method

1. Heat the olive oil in a large pan. Add the onion, celery, apple, garlic, turmeric, coriander, caraway, salt, and chilli, then sauté until the vegetables start to turn golden.
2. Stir in the nutmeg, bay leaves and rosemary, and continue to cook for a couple of minutes. Add the wine, making sure to completely deglaze the pan, and bring to a boil.
3. When the wine has reduced to a thick sauce consistency, add the stock, coconut milk (plus the water from rinsing the tin), and vinegar. Bring to a simmer and cook for 5 minutes.
4. Add the squash flesh in pieces, and simmer for 5 more minutes.
5. Discard the bay leaves and rosemary sprigs, then blend the soup until completely smooth and velvety. Allow it to cool a little before serving with coriander leaves and fresh herby croutons.