

SAN DIEGO RESTAURANT WEEK

RECIPES

Soup of Butternut Squash with Cinnamon Croutons

Courtesy of Mille Fleurs

3 # Fresh Butternut Squash (skin off, seeds cleaned out)

4 Tbs. Butter

1 Cup Chopped Onion

1 Tbs. Diced Garlic

2 Tbs. Diced Fresh Ginger

½ Cup Flour

6 Cups Chicken or Vegetable Stock

½ Cup of Cream

¼ Tsp. Fresh Ground Nutmeg

¼ Cup Fresh cut Chives

2 Tsp. Pumpkin Seed Oil

2 Tbs. Slightly Whipped Cream

Cinnamon Croutons

1/2 – One Day Old White Baguette

4-6 Tbs. Melted Butter

Salt, Cinnamon Powder

Preparation

Cut the butternut squash into 1-inch size chunks. Heat butter in a soup pot and cook the onions until soft. Add the garlic, the fresh ginger and the butternut squash. Dust with flour and mix well. Add the cold chicken or vegetable stock and bring to a boil. Lower the heat and simmer the soup until the butternut squash is very soft. Add the cream, the nutmeg, and bring the soup again to a boil for one minute. Puree the soup in a blender.

For the cinnamon croutons, cut the baguette in ¼ inch size cubes and toss them in melted butter. Place in large pan and brown in 350F hot oven until golden brown. Dust the croutons with cinnamon powder and sprinkle with salt.

Serve the soup in warm cups or bowls and decorate with swirls of cream, pumpkin seed oil and chives. Serve the fresh warm cinnamon croutons on the side.

Bon appétit!

*Mille
Fleurs*

