



Cushaw Squash Soup

Serves 6

- 1 large cushaw pumpkin, skin and seeds removed, pumpkin chopped into 1 inch cubes (butternut squash or musquee de provence pumpkins will work as substitutes)
- 4 small local apples, such as Jonagold or Johnathan, peeled (reserve skin) and diced
- 1 granny smith apple, diced
- 1 white onion, diced
- 2 large cloves garlic, minced
- ½ tsp cinnamon
- 1 tsp ground cumin
- pinch nutmeg
- ½ cup apple cider
- 1 cup water
- olive oil
- kosher salt
- black pepper for roasting
- garnishes: yogurt, diced granny smith apple (with skin on), cubes roast cushaw pumpkin, toasted pumpkin seeds, minced fresh herbs (such as mint, green onion, parsley), red pepper flakes

Instructions:

- Preheat the oven to 375°. Place the squash on a rimmed sheet tray and toss with 1 tbs olive oil, ½ tsp kosher salt and ¼ tsp black pepper. Roast for 30 minutes, tossing half way, until squash is fork tender and just beginning to brown. Remove from the oven and set aside.
- Set a heavy bottom pot on the stove over medium heat. Add 1 tbs olive oil and, once warm, add the onion, apple skins and garlic. Add a pinch of salt and saute until the onions begin to soft and become translucent, 8-10 minutes.
- Add the diced apples to the pot along with ½ cup apple cider, 1.5 cups water, the cinnamon, nutmeg and cumin. Add all but ⅓ cup of the roasted squash to the pot (set

this extra squash aside for garnish). Add $\frac{1}{4}$ tsp kosher salt and $\frac{1}{8}$ tsp black pepper. Stir everything together until well mixed and bring to a boil. Reduce heat and allow the soup to simmer for 10-15 minutes until the apples are tender.

- Working in two batches, carefully transfer half of the soup to a blender or food processor. Remove the feed tube and use a kitchen towel to loosely cover the hole of the feed tube, allowing an opening for steam to escape *this is very important when blending hot food.* Carefully hold the kitchen towel in place and puree the soup until it is smooth, adding small additions of apple cider along the way if the soup is too thick. Once all of the soup is pureed, return to the pot and stir. Taste and add additional seasonings based on your preference. Keep the soup warm over low heat on the stove until ready to serve.
- Ladle soup into bowls and garnish with a drizzle of plain whole milk yogurt, minced herbs, toasted pumpkin seeds, red pepper flakes and reserved squash and granny smith apple.