

## Curried Butternut Squash and Apple Soup

*Adapted from Cook's Illustrated, Holiday Edition 2011*

*Serves 8 – 12*

*Recipe from [Peaches and Cake](#)*



- 2 medium butternut squash, peeled, halved, seeded, and cut into 1 1/2-inch chunks
- 6 ounces shallots, peeled and quartered
- 2 Fuji or Golden Delicious apples, peeled, cored, and chopped (Feel free to experiment with using more apples than this.)
- 1/4 cup (4Tbsp.) coconut oil or butter
- 2 teaspoons kosher salt
- 1 teaspoon fresh-ground pepper
- 8 cups chicken broth
- 4 tablespoons heavy cream or half-and-half (preferably organic pastured)
- 1 tablespoon maple syrup or honey
- 1 1/2 teaspoons curry powder
- grated parmesan cheese (optional, for topping)

Adjust oven racks to upper- and lower-middle positions and pre-heat oven to 450 degrees. Combine squash chunks, apples, shallots, coconut oil or butter, salt, and pepper in a large bowl and toss to combine. Arrange squash mixture in single layers on 2 rimmed baking sheets. Roast, stirring occasionally, until vegetables are golden brown and softened, about 45 minutes. Add 1/2 cup broth to each baking sheet and scrape up any brown bits with wooden spoon or spatula. Return to oven and cook until liquid has reduced and vegetables are glazed, about 5 minutes.

Working in 3 batches, puree squash mixture and remaining 7 cups of broth in a blender or food processor until smooth. Transfer pureed squash mixture to large pot and stir in the cream or coconut milk, maple syrup, and curry powder (be sure to taste!). Bring soup to a simmer over medium-high heat, adding water in 1/4-cup increments as necessary to adjust consistency to your liking. Serve. If desired, top with a few grinds of pepper and a sprinkling of grated parmesan cheese if desired.