

SQUASH SOUP

Ingredients

- 2 onions, cut into pieces
- 1 tablespoon of olive oil
- 1 butternut squash, cut into pieces
- 1 large sweet potato, cut into pieces
- 3 carrots, cut into pieces
- 4 cloves of garlic
- 4 cups of chicken stock
- 1 cup of *crème fraîche*¹
- 4 tablespoons of butter
- salt and pepper

Sweat the onion in the oil, add the other vegetables et cook on high heat 15 minutes stirring regularly until they begin to brown. Add the garlic, et salt and pepper to taste. Add the stock, et cook on moderately high heat 35 - 45 minutes until all the vegetables are cooked. Remove from heat. Incorporate the butter and cream, and puree with an immersion blender. Serves 8.

ACTIVITIES

1. Cook several types of squash that you find at the grocery store, and have a tasting to determine which kind you would prefer in the soup.
2. Imagine the full menu of a meal that begins with Squash Soup.
3. Imagine several ways of serving this soup.
4. Search on the Internet for other squash soup recipes. What differences do you find?
5. Do an experiment with each vegetable to determine the best cooking time. Cut squash, sweet potato, carrot, and onion into pieces of equal size. Cook each vegetable individually at the same temperature, measuring the cooking time to determine how much time to cook them so they are done. Which is juiciest? Which is the most difficult to cook? Which one loses its color the most? Which one loses its shape in cooking?

Notes

¹ Crème fraîche is whole cream which has not had all the bacteria which make it thicken removed. It is not always found in the U.S. You can make a substitute by mixing equal parts heavy cream and sour cream at room temperature. Refrigerate before using.