

Butternut Squash Soup with Honey, Mascarpone & Amaretti Garnish

Carolyn T's
Main Cookbook
Servings: 6

Author: Cooking class with Linda Steidel



- 4 tablespoons unsalted butter**
- 1 whole yellow onion, sliced**
- 2 1/2 pounds butternut squash, peeled, seeded and diced into 1-inch pieces**
- 2 ounces Parmesan cheese, rind only**
- 2 sprigs fresh thyme**
- 1 whole bay leaf, fresh if you can find one**
- 1/8 teaspoon ground cumin**
- 1/8 teaspoon freshly ground nutmeg**
- sea salt to taste**
- 1 teaspoon honey, chestnut or other variety**
- freshly ground black pepper**
- 6 cups chicken stock**
- 1 cup heavy cream**
- 1 whole orange, juice ONLY**
- 1/4 cup Amaretti di Saronna cookies, crushed**
- 1/4 cup mascarpone cheese, softened**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 428 Calories; 29g Fat (60.3% calories from fat); 9g Protein; 34g Carbohydrate; 4g Dietary Fiber; 89mg Cholesterol; 2354mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 5 Fat; 1/2 Other Carbohydrates.
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Description: A thinner soup (good kind of thin) rather than chunky

1. In a large saucepan heat 1 T butter over medium-high heat. Add onion, reduce heat and cook slowly 10-15 minutes, until onion is tender but not browned. Add squash, cheese rind, thyme, bay leaf, cumin and nutmeg. Stir to mix, season with salt, cover and cook over medium heat for about 10 minutes. Stir the mixture often.
2. Meanwhile, in the bowl of an electric mixer whip the mascarpone and honey until smooth. Season to taste with salt and pepper and continue to whip until stiff. Do not over-mix or the mascarpone will separate. Set aside. [I don't think this step is necessary . . . your choice.]
3. Add the stock and cream to the squash mixture, raise the heat to medium-high and bring to a simmer. Reduce to medium heat and simmer for about 15 minutes, or until squash is tender. Remove and discard the cheese rind, thyme and bay leaf.
4. Using an immersion blender (or pour in batches into a standard blender) blend the soup in the pot. Strain the soup through a fine-mesh sieve. Return it to the pan and set over medium heat. Season to taste with salt and pepper. Whisk in 3 T of butter and the orange juice.
5. Pour the hot soup into bowls and serve each with a heaping T. of mascarpone and a sprinkling of amaretti cookies.