

BUTTERNUT SQUASH BISQUE

Chef Jenn Magrey

Ledyard Farmers Market

2 tablespoons butter

1 cup diced onion

2 cloves garlic

1 cup rough cut carrots

5 cups peeled and cubed butternut squash

3 cups vegetable stock

2 cups water

1 apple peeled and rough cut

1 teaspoon ground cinnamon

salt and ground black pepper to taste (start out with one teaspoon salt and a few cracks of pepper)

½ teaspoon ground nutmeg to taste

1/2 cup maple syrup (real is best)

1/2 cup cream or ½ and ½

Place everything in a large pot **EXCEPT for the cream.**

Heat to a boil and then lower temp to a simmer. Cook until all the vegetables are very tender; about 35-45 minutes.

Using a hand immersion blender, puree until there are no more chunks.

Stir in the cream. Taste and adjust for the sweetness and salt level. Add more maple syrup and salt if needed. *remember, every squash has a different level of sweetness.

*** If you do not have an immersion stick style blender, you may use a regular blender but in batches.

ALWAYS puree hot items with the lid ajar and your hand with a kitchen towel holding the lid.

HOT foods in a blender want to expand and will explode. BE CAREFUL. 😊