

Butternut Squash Soup Recipe

Richard Allen, Executive Head Chef, Grand Jersey Hotel & Spa

Ingredients

1 butternut squash, peeled and chopped and keep the seeds
1 medium onion, chopped
4 slices of lean smoked back bacon
1 large potato, chopped
1 carrot, chopped
60mls of olive oil
1 vegetable stock cube
1L hot water
1 tablespoon crème fraiche
Salt to taste
Freshly milled pepper

Method

1. Firstly dissolve the stock cube in the hot water and set aside
2. Heat a medium to thick based saucepan and add the olive oil
3. Add the onion and cook until translucent
4. Add the bacon, butternut squash and carrot and continue to cook
5. Pour on the hot stock and simmer for 10 minutes
6. Add the chopped potato and cook for a further 20 minutes
7. Remove from the heat and strain into a colander retaining the stock in a large bowl
8. Place the cooked vegetables and bacon in a food processor and add the reserved liquid until you reach the consistency required
9. Season to taste and place in soup bowls
10. Top with a dollop of the crème fraiche and serve with crusty granary bread

You can also keep the seeds and fry them in olive oil then remove the husks and eat them as a snack whilst you cook your soup!