

## Winter Squash Soup

Susur Lee, Celebrity Chef/Owner, Lee Restaurant, Toronto

Makes about 4 servings

- 2 Tbsp (30 mL) pumpkin seed oil
- 2 cups (500 mL) peeled, seeded and cubed butternut or Japanese kabocha squash
- 2 Tbsp (30 mL) finely chopped onion
- 1 Tbsp (15 mL) diced celery
- ½ tsp (2 mL) minced garlic
- Pinch of grated nutmeg
- 3 cups (750 mL) chicken or vegetable stock or carrot juice
- ¼ cup (60 mL) white wine
- Salt and white pepper to taste
- 1 Tbsp (15 mL) finely diced English cucumber for garnish
- 1 Tbsp (15 mL) roasted pumpkin seeds for garnish
- 2 tsp (10 mL) honey for garnish



Kabocha squash is a Japanese vegetable that resembles a squat green pumpkin. Its pale orange flesh is similar in texture to pumpkin but much sweeter. Look for it in specialty produce or Japanese grocery stores.

1. In a large pot, heat the oil over medium-low heat. Add the squash, onion, celery, garlic and nutmeg. Cook, stirring often, until the onion has softened.
2. Add stock and wine and bring to a boil.
3. Reduce the heat and simmer, covered, until the squash is tender, about 20 minutes.
4. Purée the soup until smooth. Reheat gently. Season with salt and pepper to taste.
5. Ladle into bowls and garnish each portion with diced cucumber, a sprinkling of pumpkin seeds and a drizzle of honey.

