

Curried Apple and Winter Squash Soup

Serves 8

4 lbs winter squash (butternut)
3 cups chicken or vegetable stock
3 cups milk (or coconut milk)
1 cup apple cider or juice
1 onion, peeled, small dice
2 garlic cloves, peeled and smashed
2 Tablespoons butter
¼ cup flour
1 red bell pepper, roasted and peeled
2 apples, cored and peeled
1 Tablespoons ginger, peeled and grated, or finely diced
1 teaspoon nutmeg
1 teaspoon cinnamon
2-4 Tablespoons curry powder or paste
1 teaspoon black pepper
salt to taste

Method:

Split winter squash in ½ and remove seeds. Scrape seed cavity free of fibers. Place cut side down in a baking dish, rub skin with a little oil or non-stick spray and roast at 350 degrees for 1 hour or until fork tender. Remove from oven and allow to cool. Dice onion and sauté in soup kettle with butter, once onion is tender/translucent add flour to form a roux. Cook roux, onion mixture over low heat without browning. Add milk, stock and apple juice. Bring to a simmer.

Spoon squash out of its skin and press through a strainer or a food mill. Add puree to soup pot. Dice roasted and peeled red bell pepper and apples. Add to soup. Simmer until apples are tender.

Soup can be pureed or left chunky. Add spices and heat through. Season and serve in warmed bowls.

Apple Jicama Salad

- 1 large jicama, peeled and cut into matchstick size
- 4 apples, quartered, seed and core removed and diced
- 1 bunch green onions, thinly sliced
- 1 bunch cilantro, leaves only
- 1 yellow or red bell pepper
- ½ cup Seasoned rice wine vinegar
- 1 Tablespoon toasted sesame oil
- 2 Tablespoons black sesame seeds

Method:

Everything gets mixed together. Dice the apples last, so they don't brown. The rice wine vinegar dressing will help keep them bright.

Mesculin mix, peeled and sliced oranges, thinly sliced red onion, endive leaves (can substitute another bitter lettuce) Toss with dressing just before service.