

# SARANELLO'S®

RISTORANTE ITALIANO

## BUTTERNUT SQUASH SOUP

YIELD: 4-6 SERVINGS



### INGREDIENTS

#### BUTTERNUT SQUASH SOUP

1 butternut squash (about 3 lbs.),  
peeled, seeded & cubed  
1 large yellow onion, chopped  
2 Tbsp. cooking oil  
1 Tbsp. fresh sage, chopped  
4 cloves garlic confit, recipe below  
1 cup heavy cream  
3 cups chicken stock (can  
substitute with vegetable stock to  
make vegetarian)  
1 Tbsp. kosher salt  
fresh ground black pepper to taste  
2 Tbsp. spiced pepitas for garnish,  
recipe below

#### SPICED PEPITAS

3 cups pumpkin seeds  
2 cups sugar  
2 cups water  
2 Tbsp. chili powder

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### METHOD

#### SPICED PEPITAS

1. Heat sugar and water in a saucepan until sugar dissolves and begins to boil.
2. In a bowl, combine chili powder, cayenne pepper, salt and black pepper to make the spice mix.
3. Once boiling, add pumpkin seeds and boil for approximately 5 minutes, until seeds begin to pop.
4. When the seeds begin to pop, use a slotted spoon to remove them from the syrup and transfer them to a parchment-lined sheet tray. Let any excess syrup drain off.
5. While the seeds are still wet and warm, toss them in the spice mix.
6. Lay pumpkin seeds on a fresh parchment paper lined sheet tray and let cool to room temperature.

#### GARLIC CONFIT

1. Preheat oven to 350°F.
2. In an oven safe pan, cover peeled garlic cloves with canola oil until barely covered.
3. Wrap the top of the pan with aluminum foil and place in the oven for 40-50 minutes.
4. Check garlic after 40 minutes. Garlic will be done once it reaches a nice golden brown color. Be careful to not burn the garlic as it can become bitter.

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1 tsp. cayenne pepper

1 Tbsp. kosher salt

fresh ground black pepper to taste

## **GARLIC CONFIT**

4 garlic heads

2 cups canola oil

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5. Allow to cool and store in an airtight container in the fridge until ready to use.

## **BUTTERNUT SQUASH SOUP**

1. Heat oil in a large pot on medium heat.
2. Add onions and saute until soft, 5-7 minutes.
3. Add squash and cook until it begins to soften for about 7-9 minutes, stirring about every 30 seconds.
4. Season with salt and fresh ground black pepper.
5. Add garlic confit and sage and cook for 1 minute stirring constantly.
6. Add heavy cream and bring to a boil.
7. Add chicken stock and bring back to boil.
8. Reduce to simmer and cover. Cook until the squash is very tender, approximately 25 minutes.
9. Remove from heat and let sit for 5 minutes.
10. Pour the contents into a blender and blend to desired thickness. Make sure to only fill the blender up halfway, working in batches if needed, and not overfill, as the contents will be hot.
11. Taste to check seasoning and desired thickness. If too thick, add additional splashes of chicken stock until you reach the desired consistency.
12. Serve warm and garnish with Spiced Pepitas.

