

Creamy Delicata Soup

makes 2-3 servings, easily doubles

1 delicata squash
2 cloves garlic peeled, but left whole
2 T butter
1/2 onion, or 1 shallot, chopped
1 t fresh sage, or 1/4 t dried
1/8 t nutmeg
3 c stock (I used vegetable broth)
1/4 c heavy whipping cream
1 t cider vinegar
salt and pepper to taste

Preheat oven to 350 degrees. Place squash with garlic in hollow, face down in a lightly greased baking dish. Bake for 35-40 minutes or until soft. In a medium to large pot, melt butter and saute onions or shallot and sage until translucent. When squash is soft, discard the garlic cloves and remove the squash from the shell and add it to the pot with onions; add nutmeg. Add stock and cream and simmer for another 15-20 minutes. Add cider vinegar and puree all in a food processor, blender, or with an immersion blender. Salt and pepper to taste and serve.

Source: Recipe originally received from Full Circle Farms, CSA box cooking notes ~ 2010.