

## 2013 Seed Savers Exchange Harvest Soup Cook-off

### Albert's Restaurant, Harvest Bean and Squash Soup

#### Ingredients:

¾ cup Anasazi beans, soak overnight  
water to cover  
salt and fresh ground pepper, to taste  
4 cups potimarron (or butternut) squash, peeled, large dice  
6 medium tomatoes, cored, halved  
6 tablespoons olive oil  
1 ancho chili pepper  
8 cloves garlic, sliced  
1 white onion, large dice  
4 cups chicken or vegetable stock  
3 tablespoons rosemary, chopped  
¾ cup hard cheese (such as parmesan), grated

#### Directions:

1. Drain the soaking water from the beans, cover in fresh water, bring to a boil with a pinch of salt, and simmer until thoroughly cooked.
  2. Preheat oven to 425F. Place the squash and tomato halves on separate baking sheets and drizzle them each with 2 T. olive oil, then season with salt and pepper. Roast the squash and tomatoes 45 minutes at 425F and reserve, cutting the tomatoes in large pieces when cool.
  3. Heat the remaining olive oil in a large saucepan or Dutch oven. Toast the ancho chili on all sides and remove; when cooled seed and chop. Add the garlic to the same oil, toast golden brown and remove. Add the onions to the same oil and cook until caramelized.
  4. Add chicken stock, rosemary, cooked beans, reserved squash, tomatoes, chilis, and garlic to the pot and bring the soup to a boil. Puree part of the soup to thicken, season to taste and serve topped with the grated cheese.
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### McCaffrey's Dolce Vita, Potimarron Squash Soup

#### Ingredients:

4 potimarron squash  
1/2 lb unsalted butter  
3 lbs braeburn apples (cored and sliced)  
1 large white onion, diced  
4 cloves garlic, minced  
6 stalks celery, diced  
4 carrots, peeled and sliced  
¾-1 gallon heavy cream  
Juice of one lemon

2 tsp cinnamon  
Dash of nutmeg  
2 cups finely grated parmesan cheese  
salt and fresh ground black pepper to taste.

**Directions:**

Cut squash in half, remove seeds. Bake at 400 degrees 30 to 40 minutes until tender. Let cool and remove meat from skin. Pulse with some cream in a food processor. Place in a large pot. Melt butter in a large skillet. Sauté apples and veggies until tender, 4-5 minutes. Pulse with cream in food processor and throw in pot. Add remaining cream, lemon and spices. Bring to a near boil. Add Parmesan Cheese. Stir and salt and pepper to taste. Serve it up and enjoy!

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## La Rana Restaurant, Coconut Chinese Five Spice Squash Bisque

**Ingredients:**

5 lb winter squash, peeled, seeded, roughly chopped  
1 onion, roughly chopped  
water  
1 cup orange juice  
5 tablespoons Chinese five spice  
1/2 cup raw honey  
2 tablespoons oil  
2 cans of coconut milk  
salt

**Directions:**

Sauté the onion in oil until soft. Add Squash, cover with water. Bring to a simmer and continue to cook until the squash is tender, about 20 minutes. Add the OJ, honey, coconut milk, and Chinese five spice. Remove from heat and allow to cool slightly. Then process the soup using either an immersion blender or a regular blender (in small batches) until completely smooth. Season to taste with salt.

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## Oneota Co-op, Cream of Autumn Soup

**Ingredients:**

5 lb potimarron (or butternut) squash  
1/2 stick butter  
2 ea carrot, diced  
1 ea onion, diced  
3 lb apple, peeled and diced  
2 tablespoons orange juice, fresh squeezed

2 tablespoons fresh ginger, minced  
¼ cup brown sugar  
1 tablespoon nutmeg, fresh grated  
½ teaspoon cinnamon  
½ teaspoon ground allspice  
½ teaspoon ground clove  
1 teaspoon cracked black pepper  
1 tablespoons kosher salt  
4 qt chicken stock  
1/3 cup cream, heavy

**Directions:**

Peel squash and cut into 1 inch cubes, toss with butter, salt & pepper to taste. Roast for 1 hour in a baking pan until soft. Meanwhile, prepare other ingredients. In a medium stock pot bring to a boil: chicken stock, carrots, onion, apples, and ginger. Lower to a simmer and add spices, sugar, and fresh orange juice, simmer for one hour. When squash is finished roasting, add squash to soup pot. Puree the soup with an immersion blender. Turn off heat and add cream. Salt and pepper to taste. Garnish with toasted nuts and serve.

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## QUARTER/quarter, North African Style Squash and Peanut Stew

**Ingredients (soup):**

4 tablespoons peanut oil, divided  
2 – 3 lb Potimarron winter squash, divided (or use another variety of winter squash)  
1 large onion, chopped  
4 large cloves garlic, peeled and crushed  
1 small leek, white and pale green parts only, washed and chopped  
1/4 cup tomato paste  
1/4 cup pure ground peanut butter  
1 teaspoon kosher salt  
1 teaspoon sugar  
1 teaspoon turmeric  
1 teaspoon ground ginger  
1/2 teaspoon ground fenugreek  
1/2 teaspoon Sriracha hot pepper sauce (or more to taste)  
8 cups vegetable stock

**Directions:**

Lightly oil a baking sheet with 1 tablespoon peanut oil. Cut the squashes in half (from stem to tip), scoop out the seeds and place 3 halves cut side down on the oiled pan. Bake at 350 degrees for about 45 minutes or until soft. Peel the last squash half, cut it into small dice then set aside until needed. Remove the baked squash from the oven, invert the halves and let cool. Meanwhile, put the remaining 3 tablespoons oil into a large soup pot set over medium heat. Add the onion, garlic and leeks to the pot and cook while stirring often until the onions

are translucent. Stir in the tomato paste, peanut butter and seasonings. Cook over high heat, stirring constantly until the bottom of the pot starts to brown. Whisk in the stock, bring to a boil then let simmer for 10 minutes. When the baked squash is cool enough to handle, scoop out the flesh and add to the simmering soup. When it is done simmering blend in batches on high speed until smooth, passing each batch through a fine strainer into another pot. Keep hot and continue below to finish.

**Ingredients (garnish):**

2 tablespoons peanut oil

Reserved small diced, peeled winter squash

1 cup small diced onion

1 cup small diced Yukon gold potatoes

1/2 teaspoon kosher salt

**Directions:**

Put the oil into a large skillet over medium heat. Add the remaining ingredients and cook while stirring often until the vegetables are just tender. Stir into the blended soup and serve hot. Further garnish with chopped roasted peanuts if desired.