

Butternut Soup

Serves 6

Origin: South Africa

A soup to remember with a rich golden colour, a smooth velvety texture and a flavour that hints of spices.

3 tablespoons butter
2 onions, chopped
2 cups butternut, peeled and diced
1 Granny Smith apple, peeled and diced
3 tablespoons flour
1-2 teaspoons curry powder
pinch nutmeg
3 cups chicken stock
1 1/2 cups milk
grated rind and juice of 1 orange
salt, pepper and a pinch of sugar
parsley, chopped
dollops cream

Saute the onions in butter until soft and flavourful.

Add the butternut and apple and saute to absorb the butter and develop the vegetable flavours (about 3 minutes), stirring lightly from time to time.

Add the flour, curry powder and nutmeg, blending with the vegetables.

Add the chicken stock, milk and orange rind and juice.

Simmer slowly for 15-20 minutes until the vegetables are tender.

Liquidise the solids in a food processor.

Taste, then add salt, pepper and a pinch of sugar.

Serve topped with a dollop of cream and a sprinkling of parsley.

This soup improves with keeping. Prepare a day or two in advance if time allows. Keep refrigerated.