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ROASTED KABOCHA SOUP

SERVES 3-4

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12" 5.5QT FRY ROUND PAN COCOTTE

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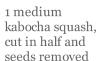
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butternut squash.



- 2 tablespoons olive oil
- 2 tablespoons coconut oil
- 1 large onion, sliced
- 2 garlic cloves, sliced
- 2 tablespoons chopped ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon garam masala
- 3 cups chicken or vegetable stock



This warming winter soup has a good kick of ginger, which helps stimulate digestion. Use the second half of kabocha in the braised lentil salad.

- 1. Preheat oven to 400°F. Season kabocha halves generously with salt and pepper, drizzle each with 1 tablespoon olive oil, and place flesh side down on a parchment or foil-lined baking sheet. Bake until browned and tender, about 35 minutes.
- 2. Meanwhile, heat coconut oil in a heavy bottomed saucepan over medium heat. Add sliced onion and a pinch of salt, stir, then turn the heat down to medium low. Cover the pot and cook for about 20 minutes, stirring occasionally, until onions are very soft and sweet.
- 3. Add the garlic, ginger and ground spices, turn the heat back up to medium high, and sauté for 1 minute. When the spices are fragrant but not burned, add stock, and another big pinch of salt. Partially cover the soup and let it simmer gently until the squash is ready.
- 4. When the squash is cooked, let it cool slightly, then scrape out the flesh of one half and add it to saucepan. You should have about 2 cups cooked squash. Bring the soup up to a boil, then reduce to a simmer, partially cover, and slowly cook for 10 minutes.
- 5. Blend, taste for seasoning and enjoy!

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