



The Edible Garden

Recipe featured at the *Garden-to-Table* demonstration featuring pumpkin,
October 2

Roasted Winter Squash Soup with Curried Mussels

By: Jason Weiner, Partner and Chef, Almond Restaurant

Ingredients

For the Soup:

1 butternut squash, split in half and deseeded
1 acorn squash, split in half and deseeded
6 sprigs sage
 $\frac{3}{4}$ stick butter
2 tablespoons honey
1 medium white onion, sliced
 $\frac{1}{2}$ bulb of fennel, sliced
1 vanilla bean, scraped
 $\frac{1}{4}$ cup white wine
1 quart chicken stock, home made or "low sodium" store bought
 $\frac{1}{2}$ cup creme fraiche
1 bay leaf
Salt & pepper to taste

For the mussels:

1 pound black mussels, scrubbed
 $\frac{1}{4}$ cup sliced shallots
2 tablespoons chopped garlic
5 sprigs parsley
2 cups white wine
1 cup creme fraiche
3 tablespoons curry, toasted
Zest of two limes
2 tablespoons basil, chiffonaded
Juice of 1 lime
1 tablespoon chopped chives
 $\frac{1}{2}$ apple, cored, peeled, and minced

Salt and pepper to taste

Instructions

1. Preheat the oven to 400 degrees Fahrenheit.
2. In a heavy bottomed pot, combine the sage, honey, and half the butter. Warm until the honey and butter are incorporated.
3. Lay the squashes flesh side up on a baking sheet. Liberally brush on the honey-butter mixture and sprinkle with salt and pepper.
4. Roast the squash for about hour or until they are caramelized and begin to get soft. You may want to baste the squash with the honey-butter after about 20 minutes.
5. Meanwhile, in a soup pot, gently sauté the onions and fennel with the remainder of the butter until the vegetables are translucent and mushy.
6. When the squash are ready, use a big spoon to pull the flesh away from the skin. Add the flesh to the soup pot.
7. Add the wine and the vanilla seeds and cook on a low flame until the alcohol smell dissipates. Then add the chicken stock. Gently simmer for five minutes.
8. Remove from flame and add the creme fraiche. Puree in a blender or with an immersion blender.
9. Add the vanilla bean pod and bay leaf and allow to steep. Adjust seasoning with salt and pepper.
10. To prepare the mussels, get a wide, heavy bottomed sauté pan screaming hot on the stove. Add all the ingredients (black mussels, sliced shallots, chopped garlic, parsley, and white wine) at once and immediately cover to capture the steam. Continue to cook covered on high heat, shaking occasionally until all the mussels are open. It shouldn't take more than a couple of minutes. Don't overcook them! Transfer the mussels to a colander with bowl underneath. Reserve the mussel liquor for another recipe or another time. Pick the mussels out of their shells and put them in a mixing bowl.
11. To dress the mussels, mix together all the ingredients (1 cup creme fraiche, curry, zest of two limes, basil, juice of 1 lime, chopped chives, and apple) in a mixing bowl with the picked mussels
12. Assemble the soup by ladeling the soup among six soup bowls. Place a dollop of the mussels in the middle of each bowl. Garnish with a bit of extra basil of chives.