

The Charlottesville Cooking School LLC

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Exploring, Preserving and Celebrating the Culinary Arts

To see our schedule and to sign up go to our web site:

www.charlottesvillecookingschool.com

RECIPE BUTTERNUT SQUASH SOUP (prepared by Martha Stafford, owner and instructor)

1 TBS extra virgin olive oil	2 pounds Butternut Squash, peeled and diced
1-2 medium onion, diced	2-3 cups water or stock
3-4 cloves garlic, crushed and minced	1 tsp. salt
2-3 tsp. ground cumin	Freshly ground pepper.

1) Heat the olive oil in a pot a large enough to hold all the ingredients. Add the onion and sauté over medium heat until translucent. Add the garlic and sauté until soft but not brown.

2) Stir in the cumin and cook for two and three minutes. Add the squash and stir to coat each piece with the onion garlic mixture.

3) Pour in the water being sure there is enough to cover to cover the squash. Add the salt and 2 or 3 grounds of fresh of fresh pepper. Bring to a boil, turn down the heat and let it simmer for 30-40 minutes, or until the squash is very soft.

4) Puree the mixture using a blender or food processor. Thin the soup, if desired, with more water or stock.

