

ELAINE'S MOM'S BUTTERNUT SOUP



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45 g margarine or butter
2 medium onions roughly chopped
1 medium butternut diced in 1 cm cubes
5 ml curry powder
pinch of nutmeg
1 apple (granny smith) peeled and diced
10 ml flour
1 orange juice and rind
500 ml chicken stock
500 ml hot milk
salt and pepper to taste

Melt margarine in a deep pot. Add chopped onions, butternut and apple . Stir to coat in margarine. Cover and cook on a low heat for 10 mins. This slow cooking brings out the flavors. Check the progress occasionally to ensure the mixture does not burn. Stir in the curry powder, nutmeg and flour. Add the orange rind and cook for 2 minutes to develop the spices. Pour in chicken stock and hot milk and bring to the boil, stirring. As just the heat to simmer, cover partially to prevent too much evaporation and cook for another 20 minutes. Mash or puree mixture in a food processor, add the orange juice and reheat to boiling point, but do not boil as this will reduce the fresh impact of the orange juice. Taste and season if

necessary. Serve and enjoy.

Recipe: Susan Bekker

Photo: Elaine Steyn