



CURRIED BUTTERNUT SQUASH SOUP WITH FRESH COCONUT CREAM

Ingredients:

1 medium butternut squash, about 1 1/2 pounds, peeled, seeds removed, and chopped

1 large yellow onion, chopped

1 Tablespoon olive oil

1 Tablespoon yellow curry powder, more or less, depending on its spiciness

1/2 cup beer

sea salt to taste

3 Tablespoons fresh coconut cream, or 1 cup canned coconut milk

3-4 cups vegetable stock, boiling

1/4 cup fresh lime juice

1 bunch fresh cilantro, rinsed, spun-dry, chopped

Directions: Steam the squash pieces in a steamer basket until just soft, no more than 15 minutes. Set aside.

Heat a large saucepan with a tight-fitting cover until medium-hot, and sauté the onions in the oil until golden brown, about five minutes. Add the curry powder, allowing it to heat up with the oily onions, but stirring to keep it from burning. not letting it burn. After about a minute, add the beer and the mashed cooked squash. Keep stirring until the liquid has reduced, and add the coconut cream or canned coconut milk. Whisk in the hot stock.

Blend in to smooth in small batches. Return to heat, but do not allow to boil. Salt to taste. Just before serving, stir in lime juice and fresh cilantro.

Note: the squash can be steamed ahead of time—the rest of the soup goes very quickly, so it can be tossed together at the last minute.

Curry is a world unto itself. There are so many variations that it is really a vague term. I like to use the yellow curry powder that our local store carries in bulk—it's Frontier brand, and it's always fresh and delicious.

Yellow curries are at least half turmeric, which is extremely supportive of the immune system. Curcumin, the source of turmeric's yellow color, has anti-inflammatory, antimicrobial, and antioxidant properties, protects the liver from toxins, and lowers cholesterol. Basically does everything but do the laundry, it seems.

A recent discovery in our lives has been Rawsome, an underground raw food private buying club here in Venice. They make their own fresh coconut cream, which is incredible, but canned coconut milk is fine.

*Joyful cooking.
Healthy eating.*

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