

HICKORY BARK SPICED SQUASH SOUP

INGREDIENTS

1 medium Sweet Onion,
diced, about 2 Cups

3 pounds Winter Squash
such as Hubbard,
Kabocha, Butternut

2 Tablespoons Grapeseed
Oil

1 teaspoon ground Ginger

½ teaspoon ground
Cinnamon

½ teaspoon ground
Nutmeg

½ Cup Golden Sherry or
Madeira Wine

2 Cups Better than
Bouillon Vegetable Stock
or Water

1/3 Cup Sour Cream

¼ Cup Falling Bark
Farm's Hickory Bark
Syrup, or Maple Syrup

1 teaspoon Salt, or more
to taste

DIRECTIONS

Heat a large saucepan over medium heat and add Oil and Onion.

Cook for about 6 minutes stirring occasionally and before the Onion is browned.

Meanwhile, peel & dice the Squash, about 8 Cups total, and add to the pot along with Spices.

Stir until there is a fragrant aroma before pouring in Madeira Wine and allow to reduce by half.

Pour in Stock or Water just below the level of the Squash (you may not need it all) and cover with a lid.

Turn down heat to low for 20 minutes. Remove the lid and cook for a further 10 minutes.

When Squash is fully cooked, add Sour Cream and use an immersion blender to puree until smooth.

Season with Salt and Hickory Bark Syrup.

Serve in warmed soup bowls with a garnish of Sour Cream and Hickory Bark Syrup.