

BROWN BUTTER ROASTED BUTTERNUT SQUASH & APPLE SOUP



serves 6



prep: 20 min



cook: 50 min



INGREDIENTS

- 1 large butternut squash, peeled, seeded, and cubed
- 1 Honeycrisp apple, peeled, cored, and quartered
- 1 yellow onion, quartered
- 2 carrots, peeled and chopped
- 4 cloves garlic
- 2 tbsp olive oil
- 6 tbsp butter
- 4 cups chicken bone broth
- ½ cup heavy cream
- 1 tbsp honey
- 6 fresh sage leaves, plus more for topping
- ¼ tsp ground nutmeg
- 1 tsp salt, plus more to taste
- ½ tsp black pepper
- 1–2 tsp apple cider vinegar

For Topping:

- Brown butter
- Crispy sage leaves
- Toasted pumpkin seeds
- Heavy cream
- Freshly cracked black pepper

DIRECTIONS

- 1. Roast the vegetables:** Preheat oven to 425°F. Place the butternut squash, apple, onion, carrots, and garlic on a large baking sheet. Drizzle with olive oil and season with salt and pepper. Roast for 30–40 minutes, until the squash is very tender and the edges of the vegetables and apple are deeply caramelized.
- 2. Brown the butter:** While the vegetables roast, melt the butter in a large pot over medium heat. Continue cooking, swirling occasionally, until the butter foams and the milk solids turn golden brown and smell nutty. *Remove a couple tablespoons of the brown butter and reserve for serving.
- 3. Add the sage:** Add the sage leaves to the remaining brown butter and cook for about 30 seconds, until fragrant.
- 4. Build the soup:** Add the roasted squash, apple, onion, carrots, and garlic to the pot. Pour in the chicken bone broth and add the nutmeg.
- 5. Simmer:** Bring to a gentle simmer and cook for 10 minutes to let the flavors come together.
- 6. Blend:** Use an immersion blender to blend until completely smooth and velvety.
- 7. Finish the soup:** Reduce the heat to low and stir in the heavy cream and honey. Add 1 teaspoon apple cider vinegar, taste, and add another teaspoon if the soup needs more brightness. Adjust the salt and pepper as needed.
- 8. Serve:** Ladle into bowls and drizzle with the reserved brown butter and a little heavy cream. Finish with crispy sage, toasted pumpkin seeds, and freshly cracked black pepper.