



Curried Winter Squash Soup with Cheddar Crisps

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons blanched almonds and sliced
- 1 teaspoon cumin seeds
- 2 tablespoons medium-hot madras curry powder
- 2 large garlic cloves thinly sliced
- 12 servings salt and pepper freshly ground
- 0.8 pound sharp cheddar cheese white cut into twenty-four 1 1/2-inch squares 1/
- 2 cups onion sweet coarsely chopped

- 8 cups rich turkey stock
- 4 tablespoons butter unsalted
- 0.3 cup vegetable oil
- 7 pounds winter squash such as butternut, buttercup or kabocha—peeled, seeded and cut into 1-inch chunks (16 cups)

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ladle
- oven
- pot
- blender
- spatula

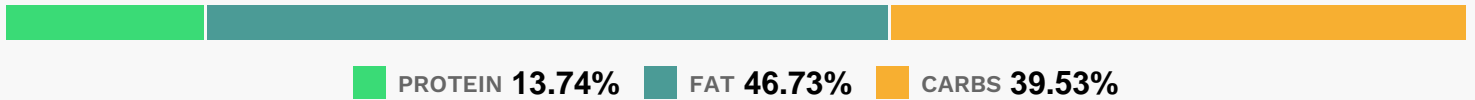
Directions

- In a large stockpot, melt the butter in the vegetable oil.
- Add the onion and garlic and cook over high heat, stirring, until softened but not browned, about 4 minutes.
- Add the curry and cook, stirring, for 1 minute.
- Add the squash and cook, stirring, for 4 minutes.
- Add 6 cups of the stock and bring to a boil. Cover and simmer over moderately low heat until the squash is tender, about 30 minutes.
- Meanwhile, arrange 4 of the Cheddar squares in a large nonstick skillet and cook undisturbed over moderate heat until bubbling, about 1 1/2 minutes.
- Sprinkle each square with a small pinch of the cumin seeds and 3 or 4 almond slices; cook until the edges are golden and the cheese is set, about 1 1/2 minutes longer. Using a thin spatula, flip the cheese crisps and cook until the almonds are lightly browned, about 20

seconds longer.

- Transfer to a baking sheet lined with paper towels and let cool until crisp. Wipe out the skillet and repeat with the remaining Cheddar, cumin seeds and almonds.
- Working in batches, puree the soup in a blender. Return the soup to the pot and gradually stir in about 2 cups of stock, until the soup has a silky, bisquelike consistency. Season with salt and pepper and keep warm over low heat.
- Ladle the soup into shallow bowls and pass the Cheddar crisps alongside for dipping or crumbling.
- Make Ahead: The soup can be refrigerated for up to 3 days. The Cheddar crisps can be stored overnight in an airtight container. Recrisp on a baking sheet in a 350 oven and let cool.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:0.25, Inflammation Score:-10, Nutrition Score:26.314347686975%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 388.11kcal (19.41%), Fat: 21.2g (32.61%), Saturated Fat: 9.19g (57.41%), Carbohydrates: 40.34g (13.45%), Net Carbohydrates: 34.28g (12.47%), Sugar: 9.86g (10.96%), Cholesterol: 43.11mg (14.37%), Sodium: 619.18mg (26.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.05%), Vitamin A: 28544.33IU (570.89%), Vitamin C: 57.44mg (69.63%), Calcium: 349.91mg (34.99%), Vitamin E: 5.18mg (34.51%), Potassium: 1183.11mg (33.8%), Manganese: 0.65mg (32.28%), Vitamin B3: 5.82mg (29.12%), Vitamin B6: 0.58mg (28.92%), Magnesium: 114.17mg (28.54%), Phosphorus: 281.17mg (28.12%), Fiber: 6.06g (24.23%), Folate: 93.94µg (23.49%), Vitamin B1: 0.35mg (23.13%), Vitamin B2: 0.33mg (19.69%), Selenium: 13.3µg (19%), Copper: 0.33mg (16.45%), Iron: 2.77mg (15.4%), Vitamin K: 13.68µg (13.03%), Vitamin B5: 1.21mg (12.15%), Zinc: 1.8mg (12.01%), Vitamin B12: 0.31µg (5.14%), Vitamin D: 0.24µg (1.6%)