



Tastes Like Autumn Pumpkin and Apple Soup

By Caroline Nation

What could possibly remind anyone more of autumn than crisp tart apples and fields of glorious orange pumpkin. The hazelnut oil adds an unctuous warm nutty dimension and a few hazelnuts chopped and sprinkled on top gives an all-important crunch. This is a large recipe so freeze any leftovers and enjoy it for up to a month.

8 - 10 servings

Prep Time: 15 minutes

Cook Time: 60 minutes

Ingredients

- 4 pounds pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks
- 4 large sweet-tart apples (Empire, Cameo, Braeburn), unpeeled, cored and cut into eighths
- 1/4 cup extra virgin olive oil
- 1 1/4 teaspoons salt
- 1/4 teaspoon freshly ground black pepper
- 1 large yellow onion
- 6 leaves fresh sage
- 6 cups low-sodium vegetable broth
- 1/3 cup chopped hazelnuts, toasted
- 2 tablespoons hazelnut oil



Photo: Lori Eanes Photography

Instructions

Preheat oven to 450F.

Gently toss the pumpkin or squash (whatever you are using), apples, olive oil, 1 teaspoon salt, and pepper in a large bowl. On a large baking sheet, spread the contents of the bowl evenly. Roast for approximately 45 minutes until tender, stirring once.

Coarsely chop a large yellow onion and gently sauté it in 2 tablespoons of olive oil for 5 minutes until the onion wilts and starts to become translucent. After about 3 minutes, stir the fresh chopped sage leaves into the chopped onions.

Transfer about 1/3 of the roasted contents and 1/3 of the chopped onions and sage to a blender, adding 2 cups of broth. Puree until smooth. Transfer to a large saucepan and repeat for 2 more batches.

Season all batches with the remaining 1/4 teaspoon salt. Heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Top with chopped hazelnuts and a drizzle hazelnut oil.