

MAPLE ROASTED BUTTERNUT SQUASH SOUP WITH HOMEMADE RICOTTA

SOUP

Ingredients

75 ml butter
50 ml maple syrup
100 ml brown sugar
1 tsp all spice
3 cups (750 ml) water
Salt and pepper to
taste

Preparation

1. Peel the butternut squash and cut in half lengthwise to expose the core, this way you can easily remove the seeds with a spoon.
2. Cut the butternut squash into cubes (don't worry about size, the soup will be pureed).
3. In a pan melt the butter and add all your ingredients with the exception of the water and sauté till the squash has a nice golden brown colour, then add your water, let simmer for about 15-20 minutes till the squash is fully cooked.
4. With a hand blender puree until nice and smooth, add salt and pepper to taste.

RICOTTA

Ingredients

4 cups (1 liter)
of whole milk
1/5 cup (50 ml)
lemon juice
A pinch of salt
(less than ½ tsp)

Preparation

1. Heat the milk till 90 degrees Celsius, it's important it doesn't boil, for 5 minutes. Take the pan off the heat and stir in lemon juice and salt, let it stand until the milk sours (curdles). Line a strainer with cheese cloth (dollar store carries cheese cloth!).
2. Carefully pour mixture in the strainer on top of a bowl and let the liquid drain out (I do this in the fridge so it firms up faster) after the liquid is drained completely you can remove the strainer from the bowl and put the ricotta in a container.