

Yellow Squash Soup

Ingredients:

Serves 4

1 tablespoon olive oil
2 cloves garlic, minced
½ medium yellow onion, finely chopped
1 pound yellow squash, chopped into ½ inch cubes
2 tablespoons flour
3 cups chicken stock
½ teaspoon thyme
½ teaspoon sage
Salt and pepper to taste
2 tablespoons lemon juice
Crème Fraiche
2 tablespoons chives, minced

Preparation:

Sauté the garlic in the olive oil in a large sauce pan over medium low heat for 5 minutes until the fragrance is released but the color hasn't darkened. Add the onion, squash, thyme and sage and cook covered for 5 minutes more until the squash is soft. Sprinkle the flour over the mixture and cook 5 minutes longer, stirring occasionally to be sure it does not dry out and stick to the bottom of the pan. Gradually add the chicken stock while stirring, bring to a boil and let simmer for 10 minutes while the soup thickens. Remove from heat, add the lemon juice and salt and pepper to taste and let cool. In a blender pulse the soup until it is smooth, adjust the flavors, and strain it back into the sauce pan to reheat. When serving, garnish with a dollop of crème fraiche and a sprinkling of chives.

Note: This soup is also delicious flavored with a tablespoon of curry powder which you add at the same time you are sprinkling the flour over the vegetables. Stir it in with the flour and voila, you have the exotic flavors of the East!

Note also: These two versions of yellow squash soup are equally refreshing and flavorful served chilled.