



# Smokey Squash Soup



**HAWKE'S BAY**  
FOOD & WINE COUNTRY

[FOODANDWINECOUNTRY.CO.NZ](http://FOODANDWINECOUNTRY.CO.NZ)



# Smokey Squash Soup

BY JAMES BECK

This simple soup was a firm favourite at Bistronomy. It relies on amazing Hawke's Bay squash and the 'secret' trick of smoking the pumpkins prior to cooking. If you have any sort of smoker at home or even a wood or charcoal fired BBQ, you will get a restaurant quality result. However, I have also trialled smoking in a home oven with great success.

## INGREDIENTS

- ½ medium Hawke's Bay butternut squash (approx. 750g trimmed weight) sliced thinly
- 1 small onion, chopped
- 6 cloves garlic, crushed
- 1-2cm knob of ginger, chopped
- 1tsp dried fenugreek leaf
- 1 tin coconut cream
- 1L The Little Bone Broth Co Free Range Chicken Stock (using Bostock chicken bones)
- Arataki honey to taste
- Salt to taste.
- 2c wood chips for smoking

## METHOD

1. Turn your fan oven to the highest setting. Spread the wood chips about 1cm deep on a baking tray and place in the oven to heat up. Spread the squash slices on a baking rack to fit in the oven.  
remove from the heat. As the squash has already been roasted it should be well cooked by now.
2. After approx. 10 minutes the chips should be starting to smoke, and you can place the squash slices in the oven. Close the door and check the squash after 15 minutes. Leave the squash in the oven for as long as possible without burning it.
3. While the squash is smoking gently sweat the onion, garlic, and ginger in a medium pot with a splash of oil.
4. When the squash is as smoked as possible, add it to the pot, cover with the stock (you may not need all of it), add the fenugreek and salt to taste. Bring the stock to the boil and
5. Blend the contents of the pot with most of a tin of coconut cream in a high-speed blender (reserve a little of the cream to serve).
6. Now the important part . . . TASTE the soup. If you have a great squash the soup will have a lovely natural sweetness. You may find however, that you need to enhance this sweetness by judiciously adding a little honey. Adjust the salt. Adjust the thickness by adding a little more stock if necessary. The soup is now ready to serve.

## TO SERVE

Gently reheat the soup without boiling (as the coconut cream may split). Divide evenly into bowls and garnish with a swirl of coconut cream, a drizzle of extra virgin olive oil and a sprinkling of chopped parsley or coriander.