

WHAT YOU'LL NEED

1 butternut squash, cleaned, peeled and diced
2 tbsp (30 mL) dark brown molasses sugar or dark brown sugar
2 tbsp (30 mL) honey
4 tbsp (60 mL) unsalted butter
1 ripe banana, unpeeled
1/2 medium onion, peeled and chopped
1 celery stalk, peeled and chopped
1 carrot, peeled and chopped
1 clove garlic, peeled and chopped
1 tsp (5 mL) medium hot curry powder
1/2 tsp (2.5 mL) ground coriander seeds
1/4 tsp (1.25 mL) ground nutmeg
1/4 tsp (1.25 mL) ground cinnamon
1 cup (236 mL) coconut milk
1 cup (236 mL) vegetable stock, plus extra
Juice of 1 lime
Salt and pepper to taste

Optional: fresh cilantro, pumpkin seeds, pumpkin oil to garnish

WHAT YOU'LL DO

Preheat oven to 350F (180C). Sprinkle diced squash with brown sugar, honey and 2 tbsp (30 mL) butter, and roast in preheated oven until caramelised and soft to the touch (about 20 minutes). Roast the unpeeled banana in the oven at the same time.

Melt the other 2 tbsp (30 mL) butter in a large saucepan over medium-low heat, and sweat the onion, celery, and carrot for a few minutes until tender and onion is translucent. Add the garlic, curry powder, coriander, nutmeg, and cinnamon, and cook slowly for a few more minutes.

Remove the banana from its skin, slice, and place on the roasting pan with butternut squash and juices. Add coconut milk and chicken or vegetable broth to the pan as well. Simmer until hot.

Remove from heat, and ladle the soup into a blender in small batches. Blend the soup until smooth. Adjust to desired consistency desired with more broth. Add fresh cilantro, lime juice, and salt and pepper to taste. Blend again until smooth. If you want a delicate soup, pass the mixture through a strainer using a rubber spatula to press the contents through.

The soup should be served hot, so return to stove top and gently reheat if necessary.

Pour soup into bowls, and garnish with a drizzle of pumpkin seed oil, a few toasted pumpkin seeds, and a sprig of fresh cilantro.

Serves 6.

When Dutch settlers landed on Africa's southern cape, they sought to create a "gentrified" community and shipped in hundreds of thousands of slaves from Asia to do so. These enslaved immigrants brought a rich medley of spices to South Africa. A variation of this soup can be found up Africa's eastern coast in countries such as Mozambique, which interprets the dish through its own historical lens of Portuguese colonization.

This hearty, comforting soup pays tribute to the many thousands of immigrants enslaved within Africa during this period.



RECIPE

*South African
butternut
squash soup*

Victoria Leat

