



The autumn is here now and that's the time when it is really tasty and comforting to enjoy different kind of soups. This wonderful butternut soup has a Persian touch (lemon zest, lemon juice, ground cumin etc). Incredibly tasty I must say.

If you want it completely vegetarian, you can replace the concentrated chicken stock with the concentrated vegetable stock. If you want to be extremely careful with the consistency, you can drain the soup when it's cooked, save the fluid. Run the vegetables in a blender and pour into the pan. Add as much liquid that the soup gets the consistency you like.

1 butternut (680 grams when cut and peeled)
1 large onion (chopped coarsely)
1 teaspoon salt
1 ml black pepper
1 teaspoon turmeric
0.5 tbsp thyme
1 crown ground cumin
1 garlic clove (sliced thinly)
2 tablespoons tomato paste
2 Bay leafs
A small twig of fresh rosemary
1 dl chicken concentrated chicken broth (you can also use concentrated vegetable broth)
7.5 dl - 1 liter of water
Zest from a lemon
Pressed juice from 1 lemon (take a little and taste)
1 teaspoon Sambal Oelek
0.5 - 1 dl Maple syrup
2 - 3 brimful tablespoon creme fraiche

- 1 - Start by peeling and seeding the butternut.
- 2 - Chop the onion roughly
- 3 - Slice the garlic clove thinly
- 4 - Measure all other ingredients
- 5 - Fry the onion in a mixture of butter and oil for about five minutes.
- 6 - Add the garlic and fry for another 1 minute.
- 7 - Add spices and tomato paste and fry it all for additional 2 minutes.
- 8 - Pour over concentrated broth and water, add a sprig of rosemary, thyme as well as bay leaves.
- 9 - When the soup starts boiling, lower the heat and simmer for about 20 minutes or until the vegetables have softened.
- 10 - Remove bay leaves and the twig of rosemary. Process the soup in a mixer.
- 11 - Pour the soup back into the pan.

12 - Add zest of lemon, maple syrup and the lemon juice. Take a little at a time and taste. Add the cream fraiche and mix well.

Serve with hot sandwiches.

Noshe Jan!