

La Tour Restaurant

Chef Proprietor Paul Ferzacca

Recipe

Butternut Squash Soup

Butter Poached Maine Lobster, Toasted Pumpkin Seeds, Crème Fraiche

Yield: 1 Gallon, 16 ounce portions

Ingredients:

Whole Butter
Carrot, peeled, cut into medium dice ½" x ½"
Yellow Sweet Onion, peeled, cut into medium dice ½" x ½"
Granny Smith Apple, peeled, cut into medium dice ½" x ½"
Butternut Squash, peeled, seeds removed, cut into medium dice ½" x ½"
Fresh Ginger, peeled and cut small dice ¼" x ¼"
Water
Sachet: cheese cloth bag with following ingredients
 Thyme
 Bay Leaf
 Whole Black Peppercorn
 Parsley Stems

Honey
Cinnamon
Nutmeg
Sea Salt
Ground White Pepper

Quantity:

4 ounces
2 each, about 6 oz
1 each, about 6 oz
2 each, about 6 oz
1 each, about 3 lbs
1 inch piece
2 qts
1 each
6 sprigs
2 each
1 tsp.
¼ bunch

2 oz or to taste
¼ tsp, or to taste
Pinch, or to taste
To Taste
To Taste

8 oz., 1 tbs. per person
32 oz, 2 oz. per person
3 oz. 1 tsp per person

Garnish:

Crème Fraiche
Maine Lobster poached in butter, cut in 1" cubes
Toasted Salted Pumpkin Seeds

Procedure:

1. In a stainless steel pot over medium heat add the whole butter.
2. When butter is melted and bubbling, add carrot, onion and apple. Cook until onion is translucent.
3. Add butternut squash, ginger, water and sachet. Bring to simmer and cook for approximately 30-40 minutes or until butternut squash soup is very soft and puree able.
4. Season soup with honey, cinnamon, nutmeg, salt and ground white pepper, to taste.
5. Remove sachet and discard.
6. Puree soup in blender and strain through fine strainer.
7. Garnish with a dollop of crème fraiche, butter poached lobster, pumpkin seeds.