

Butternut and Coriander Soup

Serves 4 or so (depends on how big your butternut is really)

1 Butternut Squash
1 Onion
1 Large Potato
1 Large bunch of fresh Coriander
1 tsp ground coriander
1 litre chicken stock (or vegetable stock or water)
150 mls Double Cream
Olive oil



Peel the squash, remove the seeds (remember to save them for next year) and cut into chunks (in this instance, size doesn't really matter). Peel and slice the onion. Peel and dice the potato.

Pour a couple of tablespoons of olive oil into a large saucepan, add the onions and sweat over a medium heat for a couple of minutes. Don't let them take on too much colour. Add the diced squash and potato and continue to cook for about 5 minutes.

Add the ground coriander and cook for one minute. Add the stock and bring to a simmer.

Remove the stalks from the fresh coriander and add them to the soup. Reserve the leaves for later.

Simmer until all the vegetables are soft, remove from the heat and allow to cool a little. Blitz the soup in a blender or food processor and pour it back into the pan.

Stir the double cream into the soup. Chop the coriander leaves and add them to the soup, reserving a pinch or two as a garnish.

Bring the soup back to a simmer. Serve with the reserved coriander sprinkled over the top. You could add a swirl of cream and/or a few croutons.

Any leftover soup freezes really well.