

The Kitchen Cafe Takeaway

Butternut Squash Soup With Ginger

BBC
RADIO



By Ghillie Basan

Ingredients

At least 125g fresh ginger, peeled and coarsely chopped
2-3 cloves garlic, peeled and roughly chopped
2 lemongrass stalks, trimmed and roughly chopped
2 fresh red chillies, stalks and seeds removed and roughly chopped
1-2 tablespoons coconut oil, ghee or olive oil
1-2 tablespoons crumbled jaggery, muscavado sugar or honey
1 large butternut squash (or 2 small ones), peeled, seeds removed and cut into small, bite-sized pieces (at least 1-1.5 kg of butternut flesh)
1.5 litres coconut milk
50ml soy sauce
1 tablespoon fish sauce (optional)
A bunch of fresh coriander, roughly chopped
Sea salt



Prep Time: 25 mins
Cooking Time: 45 mins
Serves: 4-6

Method

1. Using a mortar and pestle, pound the ginger, garlic, lemongrass and chillies to a coarse paste.
2. Heat the oil in a deep, heavy-based pot and stir in the ginger mixture until fragrant.
3. Add the sugar or honey and toss in the butternut squash until it is coated in the paste.
4. Pour in the coconut milk and add the soy sauce (and fish sauce).
5. Bring the liquid to the boil, reduce the heat and simmer for about 40 minutes.
6. Stir in most of the fresh coriander, season to taste with salt and perhaps a little honey or sugar.
7. Serve hot with a sprinkling of fresh coriander.

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