

ROOIBOS-INFUSED BUTTERNUT SOUP

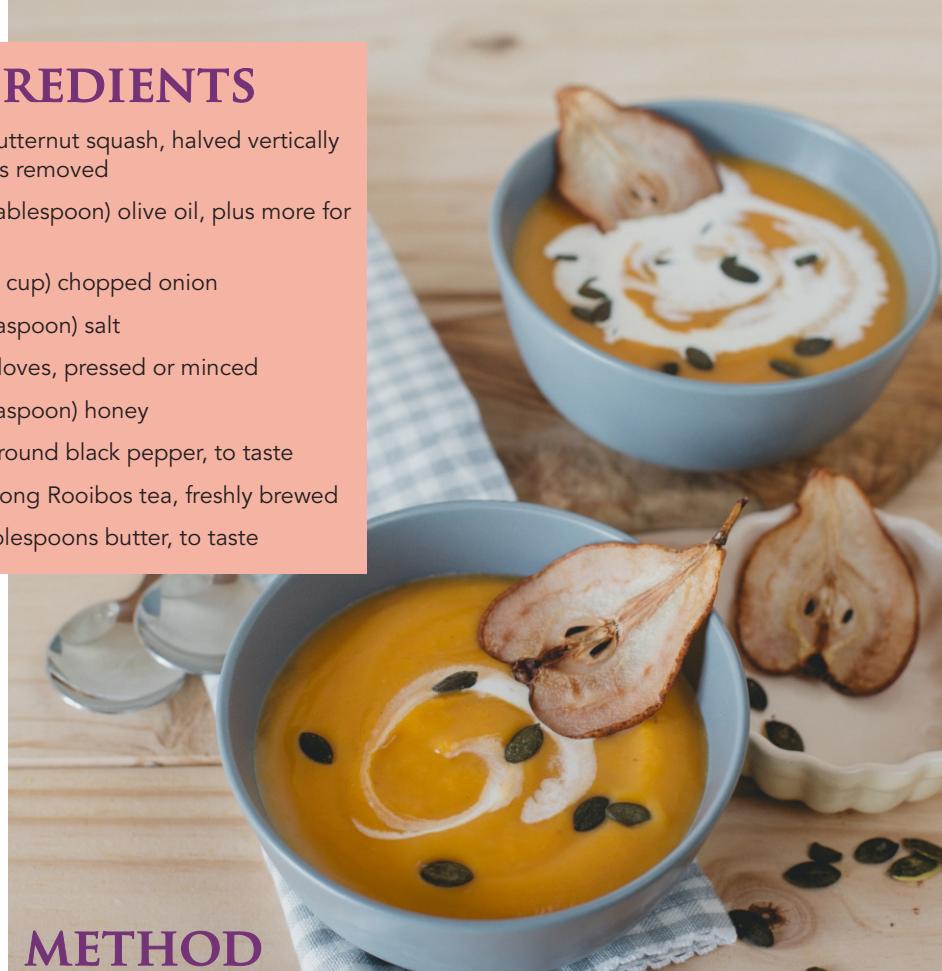


Food Stylist and Recipe Developer Mart-Marié du Toit shares the following delicious Rooibos-infused recipe for those cold winter nights.

"One of my favourite food pairings is Rooibos and roasted butternut – the flavours go so well together, especially if enjoyed in front of the fireplace on a cold winter's night. Serve with crusty bread and a dollop of double cream yoghurt or slow-roasted pear slices."

INGREDIENTS

- 1 large butternut squash, halved vertically and seeds removed
- 15ml (1 tablespoon) olive oil, plus more for drizzling
- 125ml (½ cup) chopped onion
- 5ml (1 teaspoon) salt
- 4 garlic cloves, pressed or minced
- 5ml (1 teaspoon) honey
- Freshly ground black pepper, to taste
- 750ml strong Rooibos tea, freshly brewed
- 1 to 2 tablespoons butter, to taste



METHOD

1

Preheat the oven to 220°C and line a rimmed baking sheet with non-stick baking paper. Place the butternut halves on the pan and drizzle each half with just enough olive oil to lightly coat the squash on the inside (about ½ teaspoon each). Rub the oil over the inside of the squash and sprinkle it with salt and pepper.

2

Turn the butternut halves face down and roast until they are tender and completely cooked through, about 40 to 50 minutes (don't worry if the skin or flesh browns—that's good for flavour). Set aside for 10 minutes.

3

Warm 1 tablespoon olive oil over medium heat in a large pot until simmering. Add the chopped onion and salt. Cook, stirring often, until the onion is soft and starts to turn golden on the edges, about 3 to 4 minutes. Add the garlic and cook until fragrant, about 1 minute, stirring frequently. Transfer the contents to your stand blender or leave it in the pot if you own an immersion blender.

4

Use a large spoon to scoop the butternut squash flesh into your blender or pot. Discard the tough skin. Add the honey and a few twists of freshly ground black pepper. Pour in the Rooibos tea, being careful not to overfill the container.

5

Blend on high speed, being careful to avoid hot steam escaping from the lid. Stop once your soup is creamy and warmed through.

6

If you would like to thin out your soup a bit more, stir in another cup of Rooibos tea. Add 1 to 2 tablespoons butter or olive oil, to taste, and blend well. Add more salt and pepper to taste.

7

If your soup is piping hot from the blending process, you can pour it into serving bowls. If not, heat over medium heat, stirring often, until it is nice and steamy. Serve warm.

(Recipe by Mart-Marié du Toit – Little Miss Gourmet)
(Images: Little Miss Gourmet)