

Vibrant Soups and Hearty Stews Culinary Class

October 20th, 2011

Recipes Presented by Chef Kristina San Filippo

“Pumpkin” Dessert Soup with Cinnamon Whipped Cream and Dark Chocolate

Recipe makes 4 to 8 dessert portions

For the “Pumpkin”:

You will need 2 cups total Cooked Pumpkin or Winter Squash

Options to use are Pie Pumpkin, Calabaza Squash, Kabocha Squash or Butternut Squash

Start with a minimum of 1 ½ pounds raw whole squash. Cut the squash in half and scrap out the seeds.

Preheat the oven to 350 F. Oil a baking sheet and place the squash cut side down on the pan. Bake the squash for 20 to 45 minutes, depending on the size of the squash, until the skin is deeply blistered and the flesh is releasing its liquid into the pan. Remove squash from the oven and allow it to cool. Peel off the skin and transfer the flesh to the blender.

Remaining ingredients:

1 cup Fresh Orange Juice

½ cup Half & Half (or for a richer dessert use heavy cream)

½ tsp Cinnamon

¼ tsp Nutmeg

¼ tsp Allspice

2 Tb Maple Syrup

Combine all ingredients in a small sauce pan and bring to a simmer; allow mixture to simmer for 5 minutes to blend the flavors. Pour the hot liquid into the blender with the squash. Starting on the slowest speed for the blender and hold down the blender lid with a heavy towel, puree the ingredients until it forms a very smooth soup.

Pour the soup into serving dishes and chill

To Serve:

1 cup Whipping Cream

2 Tb Brown Sugar

1 tsp Cinnamon

Bar of Dark Chocolate

Whip the cream to soft peaks stage; add the sugar and cinnamon and whip to firm peaks stage. Spoon some of the whipped cream on top of each portion of chilled soup. Using a vegetable peeler shave the chocolate bar over each dessert to dust with chocolate slivers.