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# butternut soup with crispy toasted seeds

Having a meal that is both beautiful and nourishing is the ultimate win. This butternut soup will serve as the perfect prelude to a meal or perfect way to warm you up.

## Ingredients

1 small butternut

1/2 a teaspoon of white pepper

2 cloves of garlic, minced

Fresh rosemary leaves

1 small red onion

1 tablespoon of heavy cream

1/2 a cup of milk

Salt to taste

\*\*save the seeds for the garnish

## Method

Cut open your butternut and remove the seeds. Clean them up then dry them. In a frying pan, heat some vegetable oil (very small amount). Add the cleaned butternut seeds and toast them for about 5 minutes or until they turn to a darker shade of brown. Remove from the heat and set them aside.

Peel your butternut and chop it up. Have it boil together with the onions, garlic and rosemary. Test if they are done by passing a fork through them and if it does with ease, drain any excess water and mash it up with a mwiko. Allow it to cook a little bit then put all this into a blender and blend for about 1 minute. This makes the consistency light and creamy.

{Refer to blog post on how to get same creaminess without a blender}

Return this to the heat and add the milk, your pepper and some salt to taste. Stir this on low heat until it begins to simmer. Then remove from heat and ladle it into your bowls.

Pour some of the heavy cream onto the surface of the soup. Then pass a toothpick through the center of each drop to make dainty streaks at the surface. Garnish with the toasted seeds then serve immediately.



SERVE WITH: preferably with some fresh bread/scone or on its own.

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This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/butternut-soup-with-crispy-toasted-seeds/>