

Dear BB&N Cookbook, the following is my contribution, a delicious soup, from David Levingston, class of '80:

Thanksgiving Sweet Potato and Butternut Squash Soup

Ingredients: (enough to serve a dozen people or more)

1 Medium Butternut Squash (split lengthwise, remove the seeds, and cut into 2" chunks)
3 Yams/Sweet Potatoes, peeled and coarsely chopped (1" chunks)
1 Tbs Olive Oil (preferably First Cold Pressed, Extra Virgin)
2 Large Onions, coarsely chopped
6–10 Cloves Garlic, peeled and coarsely chopped, or more to taste
2–3 Tbs. Fresh Ginger, peeled and chopped or coarsely grated, or more to taste
2 Large Carrots, coarsely chopped
2 Celery ribs, coarsely chopped
1/4 Cup Fresh Cilantro, chopped (or more if you love Cilantro)
1 Red Bell Pepper, coarsely chopped
1/4 Cup Pine Nuts
Grated coconut, to taste
2-3 Tbs Maple Syrup or Honey
1 Tbs Tamari
1 Tsp Salt, or more to taste
Freshly ground black pepper, to taste
1/2 tsp Cayenne Pepper, or more to taste
1/2 tsp Curry powder, or more to taste
1/2 tsp Cinnamon
1 tsp Dill
1 tsp Basil
4 Cups Water, or more as needed
2 scallions, chopped

3/4 cup Pecans, a mixture of some big pieces and some small pieces
2 tbs Unsalted Butter
Fresh Chives
Milk or Soymilk

Procedure:

- Steam butternut squash in a pot for approximately 15 mins until tender. Immerse in cool water until you can handle it and peel the skin, using a paring knife if necessary. Steam yams 5-10 minutes.
- Sautee onion in oil in a large soup pot until translucent. I prefer cast iron. Add garlic and ginger.
- Add all remaining ingredients except the scallions, chives, pecans, and milk.
- Bring to a boil and cook over low to medium heat until the yams are tender.
- Add the scallions and cook a few minutes more
- Puree the mixture, adding more water if necessary. I prefer a coarse texture. Don't puree too much! The Braun Handblender works excellently for this.
- Adjust spices as necessary, such as saltiness (salt), spiciness (curry, cayenne, black pepper), and sweetness (maple syrup. cinnamon).
- When ready to serve, cook pecans in a small skillet with butter and salt to taste over moderate heat, stirring occasionally, for 10 minutes, or until they are golden brown, and transfer them to paper towels to drain.
- Serve hot in bowls and gently swirl in some milk or soymilk to create a white spiral pattern into the orange colored soup.
- Garnish with chopped chives, and sprinkle some pecans on top.
- Enjoy!