

## Butternut soup with sage oil

### **Equipment**

Chopping boards	sharp knives
Frying pan	rolling pin
Baking trays	stick blender
Sieve	tea towels

### **Ingredients:**

2 tablespoons (tbs) olive oil	1 onion, finely chopped
1 kg butternut, peeled & chopped	4 cups vegetable stock
300 ml cream	fresh nutmeg, to grate

### **sage oil**

1 bunch sage	50 ml olive oil
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### **Method**

1. Make the sage oil by stripping the sage leaves from their stalks and plunging them into a saucepan of boiling water for 1 second before removing them with a slotted spoon to stop the cooking process and to retain the colour of the leaves.
2. Dry them with a clean tea towel and then whiz in a blender with the oil until the oil begins to turn green. Strain through a fine mesh sieve and set aside.
3. For the soup, heat the olive oil in a large saucepan over medium-low heat. Add the onion and gently cook, stirring, for 5 minutes.
4. Add to the chopped pumpkin to the pan and stir to combine. Cover and reduce heat to low. Cook for 10 minutes over low heat, stirring occasionally so the pumpkin doesn't stick.
5. Add the vegetable stock and bring to the boil. Reduce heat to low and simmer, covered, for about 15 minutes or until the vegetables are tender.
6. Meanwhile, add the cream to the soup and stir. Blend using a stick blender and then bring back to a simmer. Season with salt and pepper and grate over some nutmeg. Ladle soup into bowls. Swirl over a little of the sage oil and serve.

