

Roasted Squash Soup with Chicken Croquettes

Serves 22

Soup

Ingredients:

4 lbs butternut squash
2 tbsp honey
½ tsp kosher salt
½ tsp freshly ground black pepper
2 tsp canola oil
1½ cups finely chopped onion
1 cup finely chopped carrot
½ cup finely chopped celery
6 garlic cloves, minced
8 cups fat-free, less-sodium chicken broth
2 cups heavy cream
½ tsp kosher salt
Dash of freshly ground black pepper

Directions:

Preheat oven to 400°. To prepare soup, cut squash in half lengthwise. Discard seeds and membrane. Place squash, cut-sides up, on a foil-lined baking sheet. Drizzle with honey; sprinkle with $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper. Bake at 400° for 1 hour or until tender; cool. Scoop out squash with a spoon; discard skin. Heat 1 tsp oil in a saucepan over medium-high heat. Add onion, carrot, celery, and garlic; sauté 10 minutes or until tender. Remove $\frac{3}{4}$ cup vegetables; set aside. Add broth to pan; cook over medium heat 12 minutes; stir in squash. Reduce heat; simmer 15 min. Place soup in food processor; process until smooth. Add 1 cup cream, $\frac{1}{2}$ tsp salt, and dash of pepper; set aside.

Men's Cooking Club of Wimberley

Christmas

Dinner 2014

Croquettes

Ingredients:

4 cups ground chicken 3 ¹/₂ cups Panko breadcrumbs, divided 4 tbsp Half & Half cream 3 tsp fresh sage, chopped 1 tsp salt Dash of freshly ground black pepper 2 large eggs, lightly beaten 1/3 cup canola oil, divided Fresh sage leaves (optional)

Directions:

Combine reserved vegetables, turkey, ¼ cup breadcrumbs and next 6 ingredients (¼ cup breadcrumbs through egg). Cover and refrigerate 30 minutes or until firm. Shape into 12 (1" thick) patties; press 1 ½ cups breadcrumbs onto patties. Heat 3¾ tsp oil in a nonstick skillet over medium heat. Add 6 patties to pan; cook 3 minutes on each side or until golden brown. Remove croquettes from pan; keep warm. Repeat procedure with remaining oil and patties. Reheat soup. Divide evenly among 6 bowls; top with croquettes. Garnish with fresh sage leaves, if desired.