

Curried Squash and Pear Bisque



Makes:

8 servings, approximately 1 $\frac{1}{4}$ cups each (300 mL each)

Utensil:

Blender
5 Qt./4.7 L Roaster with Cover
12" Electric Oil Core Skillet
medium mixing bowl
large mixing bowl

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Recipe:

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Recipe Description:

This bisque has a delightful combination of flavors and will have both family and friends asking for seconds. Both squash and pears are high in fiber; pears being one of the leading fruit sources of fiber. The sweet tasting pear combines with the squash and other ingredients to create a wonderful, rich flavor.

2 $\frac{3}{4}$ pounds
acorn squash, approximately 2 squash
(1.25
kg)
2 cups
Bartlett pear, peeled and chopped
(242
g)
1 $\frac{1}{2}$ cups
onion, sliced, use Cone #4
(175
g)
2 $\frac{1}{3}$ cups
water
(550
mL)
1 cup
pear nectar
(240
mL)
3 $\frac{3}{4}$ cups
vegetable broth
(880
mL)
2 $\frac{1}{2}$ teaspoons
curry
(5
g)
 $\frac{1}{2}$ teaspoon

salt
(3
g)
 $\frac{1}{8}$ teaspoon
black pepper
(1
g)
 $\frac{1}{2}$ cup
cream or half-and-half
(120
mL)
1 small

Bartlett pear, cored and thinly sliced, optional
sprinkle with paprika, optional

Directions:

1. Preheat electric skillet to 275°F/135°C.
2. Cut squash in half, scoop out and discard seeds and membrane. Cut off bottom of each end of squash so squash will sit level in pan and not roll.
3. Rinse the 2 halves of the squash in water; do not dry. Place, skin-side down in preheated pan, cover and cook for approximately 55 minutes or until tender. Cool.
4. Scoop out squash into medium bowl and mash pulp with the back of a fork. Set aside 3 $\frac{1}{2}$ cups pulp, reserving remaining squash for use at another time.
5. Preheat roaster over medium heat. When several drops of water sprinkled on the pan skitter and dissipate, add chopped pear and onion. Sauté approximately 10 minutes or until lightly browned.
6. Add squash pulp, water, pear nectar, vegetable broth, curry powder, salt and pepper. When bubbles are rolling, reduce heat to low and partially cover. Simmer for 40 minutes.
7. Ladle a portion of the squash mixture into blender or food processor and blend until smooth. Pour pureed mixture into large bowl. Repeat with remaining squash mixture.
8. Return squash mixture to electric skillet and stir in cream. Cook over low heat until thoroughly heated, approximately 2 minutes.
9. Ladle soup into bowls, sprinkle with paprika and garnish with pear slices.

Tips:

- Can substitute butternut squash for acorn squash.
- Make ahead - tastes great over the next several days.
- If you have remaining pulp from the squash, use in other recipes within 5 days.
- Can substitute milk for cream or half-and-half.

Nutritional Information per

▼ Serving

Calories: 192
Total Fat: 7g
Saturated Fat: 4g
Cholesterol: 21mg
Sodium: 814mg
Total 30g
Carbs:
Dietary Fiber: 4g
Sugar: 5g
Protein: 4g