

CORDELIA
DE CASTELLANE

LIFE IN A FRENCH COUNTRY HOUSE

ENTERTAINING
FOR ALL SEASONS



RIZZOLI
NEW YORK



FALL

RED KURI SQUASH AND RED LENTIL SOUP

RECIPE



5 TABLESPOONS OLIVE OIL – 2 LARGE ONIONS, CHOPPED
2 GARLIC CLOVES, CHOPPED – 2 TEASPOONS GROUND CUMIN
2 TEASPOONS GROUND CINNAMON
½ TEASPOONS FRESHLY GRATED NUTMEG
½ TEASPOONS GROUND GINGER
½ TEASPOONS GROUND CORIANDER SEED
2 LB. RED KURI SQUASH, SEEDS REMOVED AND CHOPPED
INTO SMALL PIECES – 1¾ CUPS RED OR YELLOW LENTILS
1 CUP CHESTNUTS, FINELY CHOPPED – 7 CUPS VEGETABLE STOCK
3 TABLESPOONS LEMON JUICE – SALT – BLACK PEPPER
GREEK YOGHURT OR SOUR CREAM

Heat the oil over low heat in a large saucepan, add the onions and garlic, and fry for a few minutes, stirring from time to time until soft. Add the cumin, cinnamon, nutmeg, ginger, and coriander, and cook for 2 minutes while stirring.

Add the red kuri squash, lentils, and chestnuts, and fry for 5 minutes, stirring continuously.

Then add the stock and bring to a boil over medium heat. Reduce the heat and leave to simmer for 50 to 60 minutes, stirring from time to time, until the vegetables are tender.

Remove from the heat and allow to cool slightly. Transfer to a blender, in several batches if necessary, and blend.

Return the soup to the saucepan, add the lemon juice, season with salt and pepper, and reheat gently.

Garnish with a swirl of sour cream and serve immediately in heated bowls.