

# Bal Kaba?? Çorbas?

Creamy Turkish butternut squash soup with roasted garlic and fresh herbs. Vegetarian, gluten-free, and perfect for cold winter days.

30 min

HAZIRLIK

30 min

PI?IRME

1h

TOPLAM

4

PORSIYON

Medium

ZORLUK

Bal Kaba?? Çorbas?

## Malzemeler

- 1 onion
- 4 clove garlic
- 3 tbsp olive oil
- 1 tbsp butter
- 1 tsp salt
- 3 sprig mint
- 50 g pumpkin seed
- 3 cup water
- 500 g pumpkin

## Yap?l???

- 1 Prepare the squash**

Preheat oven to 200°C (400°F). Cut 1 butternut squash in half lengthwise and scoop out seeds with a spoon. Place cut-side down on a baking sheet and roast for 25-30 minutes until flesh is tender when pierced with a fork.
- 2** Remove squash from oven and let cool for 5 minutes until safe to handle. Scoop flesh from skin using a large spoon and cut into 2cm chunks. Discard skin.
- 3 Sauté the aromatics**

Heat 50g butter and 1 tablespoon olive oil in a large heavy-bottomed pot over medium heat until butter is melted and foaming. Add 4 minced garlic cloves and cook for 30 seconds until fragrant.
- 4** Add roasted squash chunks to the pot and cook for 3-4 minutes, stirring occasionally, until edges begin to caramelize lightly.
- 5** Pour in 3 cups vegetable broth and add 3 sprigs fresh thyme. Bring to a boil over high heat, then reduce heat to medium-low and simmer covered for 15-20 minutes until squash breaks apart easily when stirred.
- 6 Blend and season**

Remove thyme sprigs and use an immersion blender to puree soup until completely smooth, about 2-3 minutes. Season with 1 teaspoon salt and pepper to taste.
- 7 Make garnish oil**

Heat remaining 2 tablespoons olive oil in a small pan over medium heat. Add any reserved squash seeds if available and toast for 1-2

minutes until golden and fragrant.

8 Ladle soup into bowls and drizzle with the toasted seed oil. Serve immediately while hot.

## ?puçlar?

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Roast the butternut squash at 175°C (350°F) for 10-15 minutes before peeling to soften the skin and make it much easier to remove safely.

Use a large, sharp chef's knife when cutting the squash, and always cut on a stable surface with the squash lying flat to prevent rolling.

Save the pumpkin seeds after scooping them out - toast them with a little salt and olive oil for a crunchy garnish or healthy snack.

For the smoothest texture, blend the soup while it's still hot, as this helps break down any remaining fibers more effectively.

Taste the soup after blending and adjust seasoning - butternut squash can vary in sweetness, so you may need more salt to balance the flavors.

If your soup is too thick, thin it with additional warm broth rather than water to maintain the rich flavor.

Make the herb oil garnish just before serving to preserve the bright green color and fresh herb flavor.

Store leftover soup in individual portions for quick weekday lunches - it reheats beautifully in the microwave or on the stovetop.