

**LOW CARBON RECIPE**



**Butternut Apple Bisque with Cider Syrup and Puffed Wild Rice** *Chef Heather Hartman, SpoonRiver*

serves 8

- 4 c. apple cider, divided      2/3 tsp. salt
- 2 medium butternut squash,    1 c. whole milk
- peeled and cut into 2 in.    3 apples, peeled and diced squash or
- cubes                                      pumpkin seeds)
- 3 c. water or stock
- 2 1/2 c. thinly sliced leeks
- 4 Tbl. butter

SARCASTIC SQUASH



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**Butternut Apple Bisque...**

Bring 2½ cups cider to a boil in a small saucepan. Cook until reduced to ½ cup (about 20 minutes). Cool, place in small jar, cover and chill.

In a large sauce pan, melt butter over medium heat. Add the leeks and cook until soft, about 4 minutes. Add the 1½ c. cider, squash, water or stock, and apples. Cook covered for 20 minutes or until squash is soft. Stir in the milk and the salt. Cool slightly and blend in a blender until smooth. Taste for salt and add more if needed.

Garnish with puffed wild rice, and drizzle 1 Tbl. of cider syrup on top. Serve hot.

This is also great with cooked wild rice added to the soup.

**Puffed Wild Rice**

⅓ c. uncooked wild rice

⅓ c. vegetable oil

In a medium sized sauté pan,

heat oil over medium

high heat until hot.

Gently add the rice a

small bit at a time, when

rice pops, remove from

oil with a slotted spoon

and place on paper

towels. Continue until all

rice is cooked. Sprinkle

with salt.

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