

## With the cooler fall weather, what could be better than comfort food?

**Chefs Rafaël Martinez and François Cormier from the Botanical Garden restaurant have three recipes for you using squash - the star this season! How about making a grilled cheese sandwich with duck bacon and serving it with acorn squash chutney or a warm creamy pumpkin dipping sauce spiced with caraway seeds?**

All three recipes are from the first edition of the Completely Squash Food Fair, presented at the Montréal Botanical Garden in 2014.

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### Caraway-spiced cream of pumpkin

#### SOUPS

**Preparation time:** 30 minutes

**Cooking time:** 40 minutes

**Yield:** 8 servings

Ingredients	Amount		Method
	Metric	Imperial	
Medium potatoes	2	2	Peel and cube the potatoes. Peel and cube the pumpkin. Chop the onion and finely chop the garlic.
Pumpkin	1 l	4 cups	
Garlic	2 cloves	2 cloves	Heat the olive oil in a large saucepan over medium heat, add and sauté the onions, garlic and caraway seeds until the onions are golden.
Spanish onion	1	1	
Olive oil	45 ml	3 Tbsp.	
Whole caraway seeds	5 ml	1 tsp.	
Bay leaves	2	2	
Orange (zested and juiced)	1	2 cups	Add the remaining ingredients except the cream and butter. Bring to a boil, lower the heat and simmer until the vegetables are tender.
Vegetable broth	1 l	4 cups	
Whipping (35%) cream	125 ml	1/2 cup	Add the cream and butter. Use an immersion blender to puree until smooth and creamy.
Butter	30 ml	2 Tbsp.	
Salt	To taste		Garnish with roasted pumpkin seeds. Serve and enjoy!
Pepper			
Roasted pumpkin seeds			

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#### Other fall recipes

Duck bacon and grilled cheese sandwich

Acorn squash chutney