



The Samhain Velouté: Roasted Squash, Coconut Milk, and Sweet Spices

Prep Time :

🕒 - 15 min

Cook Time :

🕒 - 30 min



Ingredients (Serves 4)

- 1 medium butternut squash or red kuri squash (approx. 1 kg)
- 1 yellow onion, chopped
- 2 garlic cloves, crushed
- 400 ml coconut milk (canned, rich and creamy)
- 500 ml hot vegetable broth
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon grated nutmeg
- 2 tablespoons olive oil
- Sea salt and freshly cracked black pepper



Step-by-Step Instructions

- *The vegetable nest: Preheat your oven to 200°C (400°F). Carefully cut your squash into cubes (no need to peel if using organic red kuri squash, just scoop out the seeds).*



Step-by-Step Instructions (Next)

- *Arrange the squash pieces on a baking sheet. Drizzle with one tablespoon of olive oil, salt, pepper, and a pinch of cinnamon. Bake for 25 minutes until the squash is tender and beautifully caramelized around the edges. This is the secret to unlocking its deep flavor.*
- *Meanwhile, heat the remaining olive oil in a large pot. Sauté the onion and garlic for a few minutes until translucent. Stir in the sweet spices (cinnamon, ginger, nutmeg) to let them release their magical aromas under the heat.*
- *Add the roasted squash pieces into the pot. Pour in the hot vegetable broth and half of the coconut milk. Simmer gently for 5 to 10 minutes to allow all the energies to blend.*
- *Remove from heat. Using a hand blender, blend thoroughly until the soup becomes perfectly smooth, silky, and velvety. Adjust the seasoning according to your intuition.*
- *Pour the hot velouté into your sacred bowls. Create a poetic swirl on top with the remaining coconut milk and garnish with your toasted pumpkin seeds. Enjoy in full mindfulness.*