Squash Soup with Character

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Roasted squash and vegetable soup topped with crisp chorizo, mixed seeds, fresh herbs and balsamic vinegar from Modena.

Ingredients

For the soup

- 400 g squash (weighed peeled and deseeded, then cubed)
- 2 carrots (250–300 g)
- 1 bell pepper (250 g)
- 1 large onion
- 3–4 garlic cloves
- extra virgin olive oil (for drizzling over the vegetables)
- 400 ml chicken or vegetable stock (or a little more if you prefer a thinner soup)
- salt (to taste)

To serve

- 1 chorizo sausage (100 g)
- 1 tbsp mixed seeds or squash seeds
- fresh herbs – basil (dill, rosemary or whatever you have)
- a few drops of good-quality balsamic vinegar from Modena (I used Andrea Milano Aceto Balsamico di Modena IGP)

Instructions

1. Chop the carrots, bell pepper, onion and garlic. Place in a roasting dish with the cubed squash, season with salt and drizzle with olive oil.

2. Roast in the oven at 180°C for about 40–45 minutes, or in an air fryer at 180°C for about 25–30 minutes, until the vegetables are roasted, caramelised and tender.

3. While the vegetables roast, cut the chorizo into small pieces and fry in a pan. Press the pieces down a little as they cook to help them brown and release their fat. Reserve the fat for serving.

4. Transfer the roasted vegetables to a saucepan, add 400 ml stock and bring to a simmer. If the vegetables are not completely tender, simmer for a few more minutes until soft.

5. Blend the soup until smooth. If it seems too thick, add a little more stock.

6. Ladle into bowls. Top with the browned chorizo, drizzle with the reserved chorizo fat, scatter over the mixed seeds, add the herbs and finish with a few drops of balsamic vinegar from Modena.

Notes

Oven: 180°C, about 40–45 minutes. Air fryer: 180°C, about 25–30 minutes. These are vegetable roasting times, not the total soup preparation time. Use 400 ml stock, adding a little more if you prefer a thinner soup. Replace the chorizo with fresh pork sausage if you prefer. Season it generously with smoked paprika and cook thoroughly. Use mixed seeds or squash seeds and whichever fresh herbs you have.

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