

Alden's Fall Harvest Soup

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
butternut squash	1 medium	de-seeded, peeled & quartered
Japanese sweet potatoes	2-3	baked, peeled, & cubed
onion	1 large	chopped
olive oil	1/4 cup	
whey	40 ounces	
coconut milk	1 can	
chicken broth	1 quart	
Thai red curry paste	2 Tablespoons	
salt	2 teaspoons	
basil	1/3 cup	chopped
oregano	2 Tablespoons	chopped
corn	2 raw ears	carved off the cob

- Place the butternut squash face down on a cookie sheet with one inch of water. Bake the squash and the sweet potatoes at 350 def F for approximately 40 minutes, then remove the squash. Bake the potatoes for ten minutes more. Do not fully cook the squash and potatoes.
- Sauté the onion in olive oil in the bottom of a large pot.
- Add everything from goat's whey to salt, and let simmer for half an hour.
- When you are nearly ready to serve, add the corn and herbs and the squash and potatoes. Simmer for ten more minutes.
- Pour soup into bowls and sprinkle fresh, raw corn over top of each.

NOTES: Alden's original Fall Harvest Soup calls for a base of vegetable broth. Annette's variation calls for whey left over from making cheese, coconut milk, & chicken broth. Japanese yellow sweet potatoes taste the same as orange sweet potatoes, but they have more starch, more structure. Use fresh corn, not frozen.