

Half Way To Stewed Rhubarb , *A Gastronomic History of Bennington, Vermont* is a book about our New England cultural heritage as seen through our food production, preparation and consumption. This “cook book” is full of collected recipes from throughout our history including some from the 18th and 19th centuries. Chapters will include food related activities such as some of our Annual Events, Holidays, Local Produce, Favorite Picnic Spots, Fishing, Hunting, Church Socials, Croquet League Covered Dishes, School Fundraisers, Local Chef Favorites, and even guidelines on how to cook on a wood stove.



Below please find one of the recipes we are sharing through the cook book:

Cream of Butternut Squash Soup

Prepare this soup a day ahead for best flavor.

- 1c. dry white wine
- 3 T. pure maple syrup (Vermont, of course)
- 1T. Tamari
- 1/8 t. ground nutmeg
- Pinch of cinnamon
- Tiny pinch cloves
- White pepper to taste
- 1 T. butter
- 1 small onion, chopped
- 1 Butternut squash, peeled and chopped
- 1 large sweet potato, peeled and cubed
- 1 small potato, peeled and cubed
- 2 t. salt or to taste
- 2 tart apples
- Juice of 1 lemon
- 1 c. heavy or light cream

Combine wine, syrup, tamari, and spices in a small saucepan & simmer till reduced to 1/3 cup.

Meanwhile, melt butter in a large pot. Add onions, cover and cook over low heat till soft.

Stir in squash, potatoes and salt. Add water to cover by 2 inches and bring to a boil. Simmer till

vegetables are very soft, about 30 minutes.

Puree soup, in batches if necessary. Return to pot and whisk in reduced wine mix. Bring to simmer,

stirring often, over low heat. While soup is simmering, peel and finely chop apples, toss with lemon

juice.

Meanwhile, heat cream slowly, to almost a boil. Whisk into the soup. Thin with water if needed.

Season with salt and pepper to taste.

Ladle into bowls and top with apples.

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