

How to Make: Winter Squash Soup with KHON's Living808

Taizo Braden: Ok, fall is in the air so you have to head down to Down to Earth. That's where you can meet wonderful people like Sabra here.

Sabra: Hello!

Taizo: I'm going to go on a limb and say maybe we're making a soup. I just see some pots here...

Sabra: Yes! Good guess!

Taizo: What are we going to be making today?

Sabra: We are going to make a creamy coconut butternut squash soup and we're going to thicken it with some Quinoa.

Taizo: Ahhh... I like it! I like it! You know... it's amazing! I can already smell the flavors and the yumminess in there.

Sabra: Oh, so nice!

Taizo: But speaking of yummy... This is a dish that we can actually go ahead and even buy. If you're like me, and you don't want to make it all. You can actually go get it in the store.

Sabra: Yes! Yes! We have soups that we sell in the deli. They're in the cute mason jars which is always nice. And then we have in the store... different soups that you can buy.

We also have, if you don't feel like cutting your butternut squash, you can buy from our frozen section, which is excellent.

Taizo: This is what I do, and I didn't even realize how intense all the different butternut... the squashes can be. I think this is a much better way to go.

Sabra: Yes... it can be a little bit safer. Depending on the knife skills.

Taizo: Speaking of a challenge, I heard we're going to be making something today. That you might help... Well, I might be helping you do, right? Uh, you sure you're ready for that?

Sabra: Yes, we're ready! We got it. So what are we going to be putting together first? So, first, what we're going to do is... we're going to toast our Quinoa.

Taizo: Ok!

Sabra: And I have unsweetened coconut flakes here.

Taizo: Ooo, that sounds good!

Sabra: Just going to help bring out the flavor. So what we'll do is... we'll put this into our pan.

Taizo: Ahhh! Wow! And then, the coconut right there.

Sabra: Yes! And this is just a shredded, unsweetened... You want to make sure to buy the unsweetened.

Taizo: Makes a big difference... Especially with the heat, you don't want to have sugar and heat there... That's right!

Sabra: Exactly, and for the flavor as well.

Taizo: Ok.

Sabra: So, we're going to toast this just till we get like a nice browning.

Taizo: I like it, Ok.

Sabra: And then we're going to add... Would you like to add vegetable broth?

Taizo: I can! This is good... see! Trini, don't say I don't never do anything when I came down here.

Sabra: So, we're adding some vegetable broth.

Taizo: Just the whole thing? Go ahead and put it right in?

Sabra: Yes, two cups of vegetable broth.

Taizo: Alright, this I can do.

Sabra: You got it!

Taizo: Alright. Oh, look at that coming together!

Sabra: Yes! And then we'll give it a stir.

Taizo: Mmm... hmmm.

Sabra: And bring it to a boil.

Taizo: Ok.

Sabra: And then, it'll take probably about twenty minutes for it to cook.

Taizo: Mmm... hmmm.

Sabra: And when you cook it, what happens with the Quinoa, you get a nice... like a shell around the outside. And that's one of the ways that you know it's done.

Taizo: Awesome! And, you were talking about it earlier, but for viewers at home, why is it so great to use something like Quinoa or grain? To, you know, get the nice hearty thickened part of the soup, instead of creams or other things like that?

Sabra: Yeah, so... Rice or Quinoa are excellent alternatives to cream. And the cream is adding fat, and not a lot of nutritional value. With our quinoa, we're adding protein, we're adding fiber, and a lot of vitamins and minerals.

And we're not adding the additional fat.

Taizo: There we go... ok.

Sabra: Excellent!

Taizo: So, what's going to be happening next here?

Sabra: So, while this cooks, we're going to cook our butternut squash.

Taizo: Ok

Sabra: So, we'll put this into our pot with water.

Taizo: Can I pour it in?

Sabra: Go for it!

Taizo: Ahh, see! I am doing stuff here!

Sabra: [Laughing] This is all you!

Taizo: Oh great, look at the color! I mean, this is what it's about... Sabra: Beautiful! Absolutely beautiful!

Taizo: I'm going to put this all in here.

[Laughing]

Sabra: Sorry, I'm giggling because I'm actually really cooking.

Taizo: This is fun!

Sabra: [Laughing]

Taizo: Well... and speaking of fun, you know, this recipe... and as well, all on the website, right?

Sabra: Correct! We have tons of recipes on DowntoEarth.org. You can find fabulous fall recipes, all kinds of soups and other savory dishes.

Taizo: I love it!

Sabra: Amazing things! We'll also put a pinch of salt in...

Taizo: Just a pinch, right?

Sabra: Yup, just a pinch for some flavor.

Taizo: Alright, coming up after... we're going to kind of put the finishing touches, and bring this one back together, right? Ok, thank you. This is fun! I'm cooking... I'm cooking at Down to Earth! Come back after the break, and we'll put the finishing touches on this wonderful soup for fall.

Taizo: Ok, we're back at Down to Earth. And again, finishing up our soup... Our, what was it again?

Sabra: It's a creamy, coconut, butternut squash soup.

Taizo: Ahh, man, it sounds so good! And now... [Inaudible], we've come back here... And we've got our butternut... This is our quinoa, huh?

Sabra: Yes... this is our cooked quinoa, and our cooked butternut squash.

Taizo: Ok! Now, I did help a little bit in the first part, right?

Sabra: You were awesome!

Taizo: I was awesome! You got it! So what can I do now? What are we going to take right now?

Sabra: Ok, so we're going to... put our items into the food processor. So we can start with our quinoa. And sometimes it helps, maybe do like a half batch.

See, thank you! and it'll blend smoother. Because we want this to have a really nice creamy consistency.

Taizo: See, these little tips that you can get from you... all the great people at Down to Earth. I love Down to Earth because... you're full of tips and helps every time I get here. Ok, so we put just like about half in there.

Sabra: Yeah!

Taizo: And then...

Sabra: And we've got our cooked butternut squash.

Taizo: Ok. Ahh, half as well?

Sabra: Yeah, half is good.

Taizo: You know, and butternut... as we were talking before, it's just so healthy! It's filled with all the good anti-oxidants. And you can see it in the color, can't you?

Sabra: It's beautiful! We love the colorful fruits and veggies. Those are where we're getting all of our vitamins, and fiber, and just all the good stuff.

Taizo: You know, and something about it... I don't know why...maybe it's... Thanksgiving, this time of year... just kind of goes with these types of soups, doesn't it?

Sabra: Comfort foods, especially if you get like a rainy evening... It's the best!

Taizo: Oh gosh, that was nice! Ok, so what else do we have right here?

Sabra: I have some coconut milk here.

Taizo: Ok. And, the whole thing? About...

Sabra: Half of it's good... Because we want to have liquid so that it will blend in.

Taizo: Blend in... God, I love [coconut milk]. And coconut milk too is such a great and versatile thing to cook with.

Sabra: Oh... sweet, savory.... all kinds. And then I have miso paste.

Taizo: Interesting!

Sabra: And that adds a nice flavor to our butternut squash soup.

Taizo: Ok, again, since we're only doing half... I'll do half as well here.

Sabra: Yeah, we'll just do half!

Taizo: And again, all the directions, and putting this together is on your guys' website as well.

Sabra: Yes, we have our recipes, are all posted.

Taizo: You know, the great thing about that... if you're having a big Thanksgiving shindig... that would be a great place to bake up all your recipe dishes, right?

Sabra: Definitely, and this is a great... could be an appetizer if you're having a family dinner.

Taizo: Oh, and you mentioned before... something like this is something you can make earlier, and freeze or put in the refrigerator, because it stays so well, right? Sabra: Yes, because I know we get busy, or there's so much prep with Thanksgiving.

Taizo: Yes!

Sabra: So, make it, put it in the freezer... pull it out when you guys are ready to eat.

Taizo: So, through the miracle of television... we would put this on. But...

Sabra: Nice, creamy texture.

Taizo: We actually have... Duh-duh-duh-duh.... I'm so happy! I'm so happy for this!

Sabra: Finished product!

Taizo: But, it doesn't end there, because what do we have right here on the side?

Sabra: So, we have different toppings. And this just helps add... it's a beautiful color as it is.

Taizo: It is!

Sabra: But if you like, you can... I have coconut milk that you can drizzle on the top.

Taizo: Mmm... hmm.

Sabra: And then we also... We don't want to waste so... For our butternut squash... we take the seeds out. And we roasted them in the oven.

Taizo: I love it! They make an amazing, like crunchy, texture.

Sabra: You can sprinkle those on the top. Yes, and then we have fresh herbs that you can add to the top. Just adds to the color...

Taizo: May I? I'm going to do this one right here...

Sabra: Yeah, go!

Taizo: And again, as we were saying... on the recipe website, you have it there. But this is also something you guys can get at the deli, or even in the store as well, right?

Sabra: Yes... definitely. And then we will be open... the Honolulu store will be open on Thanksgiving.

Taizo: That's great!

Sabra: Yes!

Taizo: I mean, really, when we're all running around, and if I maybe burn something in the kitchen, I'm just going to run down to see you guys.

Sabra: Exactly!

Taizo: I'm going to take some of this, put a little bit on...

Sabra: Yeah, sprinkle on top...

Taizo: Oh my gosh, can I go ahead and try this?

Sabra: Yes... go for it!

Taizo: Oh, thank you so, so much! Wow, you know, how hearty! I like it!

Sabra: Oh, very filling! And with the quinoa, we have protein, so...

Taizo: Oh, wow! Aww... can you hear the crunch?

Sabra: [Laughing]

Taizo: You know what's amazing?

It's just perfect that... that sweet, but savory... Mmm... and filling!

Sabra: It's very good! It's a good mix!

Taizo: Sabra, thank you so much!

Sabra: Thank you! I appreciate all your help.

Taizo: Oh, you hear that ladies and gentleman? The help that I did... But again, Down to Earth, they're always there to help you. All the information on their website as well, but this is really good.

Sabra: Enjoy!

Taizo: Thank you, do we have to stay for training? Ahhh, maybe more.

[Laughter]