

# Chilled Saffron and Yellow Squash Soup

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**Yield:** 4 - 6 servings, 1/2 cup each

**Prep Time:** 15 minutes

**Cook Time:** 20 minutes

**Total Time:** 40 minutes

## Ingredients Gathering

- Saffron 10-20 threads
- 1/4 cup warm water
- 2 tablespoons butter
- 2 pounds Yellow Summer Squash - This is approximate, doesn't have to be exact
- 1 1/2 - 2 cups chicken stock
- 1/2 teaspoon sea salt

## Preparing

1. Chop the squash into roughly 1/2 inch pieces.
2. Put the saffron in a small glass and add the warm water. Stir to immerse the saffron in the water.
3. *Mise En Place:* Line up the ingredients in the order of use, having measuring spoons & cups on hand:
  - Butter
  - Chopped yellow squash
  - Chicken stock
  - Saffron in water
  - Sea salt

## Cooking

1. Heat pan and butter on medium heat until hot.
2. Add the squash and cook, with stirring, for about 5 minutes. Just until the squash begins to turn transparent on the edges.
3. Add the chicken stock slowly, just until the squash is almost covered.
4. Add the saffron, along with the soaking water.
5. Add in 1/2 teaspoon sea salt.
6. Bring to a boil, then reduce heat and cover.
7. Simmer for 10 minutes. The squash will have softened quite a bit.
8. Using a slotted spoon, transfer the squash to the food processor. Process on medium speed for about 1 minute.
9. Add the squash back to the pan and stir well.

## Serving

- You can also serve the soup right after it's ready, even though it's intended to be a chilled soup.
- Chill the soup for at least 4 hours.
- Enjoy!



## By the way

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