

BUTTERNUT SQUASH

FROM TORIAVEY.COM

NAME OF DISH

How to Peel and Seed

Note: If your hands are not very strong, or you don't have a sharp paring knife or serrated peeler, you can microwave the squash before you begin peeling to make the process easier. Pierce the squash a few times with a fork, then microwave for 2 minutes. This will soften the skin connection and make the peeling go faster.

1. Slice off the stem and bottom ends of the squash, so that both ends are flat.
2. Slice the squash in half, just where the thinner end begins to widen around the middle.
3. Turn each half so that a flat end rests against the cutting board. Use a sharp serrated peeler or paring knife to peel off the skin in downward strokes.
4. You will notice light green lines emerging beneath the skin as you peel. You want to make sure to peel all of those green lines away from the squash—they can be tough and fibrous. The squash isn't completely peeled till all of those green lines have disappeared and the orange flesh remains.
5. Once both halves of the squash are peeled, slice the fatter half lengthwise. Scoop out the seeds with a metal spoon. Reserve those seeds... they are absolutely delicious when roasted! (instructions on back)
6. Now you have three sections of peeled squash, which you can slice or dice depending on your preference.
7. I usually dice the squash into 1-inch cubes, which helps it to cook faster and more evenly.

Or leave the skin on, remove the ends, slice vertically, remove seeds, brush with olive oil and roast in oven at 400 F. for one hour!



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How to Roast Peeled Butternut Squash

1. Preheat oven to 400 degrees F. Place the cubes into a large mixing bowl and toss with 1-2 tbsp olive oil (I use about 2 tbsp for a 3 lb. squash). You can also toss it with minced garlic, if you'd like.
2. Spread the squash out evenly across 1 or 2 baking sheets. I like to line the tray with a silpat for easy cleanup. Sprinkle the squash with salt, pepper, and any other seasonings you like.
3. Roast the squash for 30-40 minutes, stirring once halfway through cooking, till the largest pieces of squash are fork tender.



How to Roast Squash Seeds

1. A 3 lb squash will produce about 1/3 cup of cleaned seeds. Preheat oven to 325 degrees F. Place seeds and pulp into a mixing bowl. Cover the seeds with water. Use your fingers to separate seeds from the fibrous butternut squash threads. It is easiest to do this underwater.
2. Drain the seeds in a colander. Pick through the seeds and discard the loose orange squash threads.
3. Bring 1 quart of water and 1 tsp of salt to a boil. Add the seeds (up to 2 cups of seeds per quart of water) and boil for 10 minutes.
4. Drain the seeds in a colander and pat dry with a paper towel or towel. A few seeds will stick to the towel as you dry, just use your fingers to brush them back into the colander. Pour the seeds into a mixing bowl and toss them with a little olive oil or melted butter. I use about 1 tsp of olive oil or 2 tsp of melted butter per 1 cup of seeds.
5. Spread the seeds out in a single layer onto a baking sheet. Season with salt and any other seasonings you like. Smoked paprika, cinnamon-sugar, nutmeg, chili powder, or cayenne (spicy!) will all work well. I prefer my seeds simple, with a generous sprinkling of salt.
6. Toast the seeds in the oven for about 20 minutes, watching carefully to make sure they don't burn. They won't change color much (if they turn too brown they'll be over-done), so the best way to check for doneness is to taste them. I've found that once I hear a few seeds "pop" like popcorn in the oven, that's the perfect time to take them out. Don't let them stay in much longer after that first "pop," or you risk burning them.