



## Full Belly Farm

*Fresh, delicious veggies fruits and nuts*

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### WINTER SQUASH RECIPES

*These recipes updated 12/29/09*

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#### **Squash and Spinach Sauté**

*-- David Wright, CSA member*

From *Beet* 11/2006

2 - 3 cups cooked or nearly cooked winter squash, scooped, skinned and cubed  
1 - 2 T olive oil and/or butter  
1 bunch fresh spinach, washed, remove large stems  
Salt and pepper to taste

Heat the oil/butter in a large frying pan (I use non-stick). Sauté the squash, stirring occasionally to allow browning but not burning. When the squash is done, add the spinach. Mix it in and stir frequently until spinach is wilted, in just a minute or two. Serve.

You can substitute tamari or soy sauce for the salt (start sparingly). Sometimes I use a little lemon juice, onions, mushrooms, and a topping of cheese. I haven't yet tried chard or kale instead of spinach, but I'm optimistic!

## **Stuffed Acorn Squash**

From *Beet* 11/2005

2 Acorn Squash  
2 Tablespoons of melted butter  
Salt  
Cinnamon  
1/4 cup raisins  
1/4 cup Madeira or port wine  
3 medium apples  
4 Tablespoons butter  
1/4 cup brown sugar  
1 Tablespoon lemon juice

Halve the squashes and scoop out the seeds; trim the undersides so the halves will sit flat. Brush the cut surfaces with melted butter and sprinkle with salt and cinnamon. Place in a baking pan with cut sides down. Put 1/2 cup water in the pan, or enough to just cover the bottom. Bake the squash 30 minutes in a preheated 350° oven.

While the squash is baking, soak the raisins in the wine to plump. Chop apples into 1/2-inch cubes -- either peeled or unpeeled as you like. In a small frying pan, melt butter and add apples. Cook for 3 to 5 minutes until slightly wilted; stir in sugar and lemon juice. When the squash has cooked for 30 minutes, turn the cut sides up. Drain the raisins, add to the apple mixture then, fill the squash cavities. Cover and bake for 20-30 minutes more or until tender.

*Note:* Pears can be substituted for the apples in this recipe.

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## **Hints on Preparing Winter Squash**

From *Beet* 12/2005

Some recipes require you to peel and chop winter squash prior to cooking. Here are some helpful hints on how to do that: In order to cut the squash in half lengthwise you can tap your knife lightly with a wooden mallet if your knife is not going through. Scoop out the seeds with a melon baller if you have one. Lay each half of the squash cut side down on your board and slice into half moons. Then lay each half moon flat on your board, and slice off the peel with your chef's knife. (This goes faster than you think.) Alternatively, peel each half moon slice with a vegetable peeler, then cut each slice into cubes or pieces for cooking.

*(Thank you to Donna Yee for these hints.)*

## **Organic Carrot, Winter Squash and Parsnip Soup**

From *Beet* 12/2007

This recipe was sent to us by one of our long-time members, Julie Lovins. Julie got this recipe from the website: [knowingfood.com](http://knowingfood.com).

4-5 small, or 2-3 large organic carrots, finely chopped  
1 medium parsnip, finely chopped  
1 butternut squash (about 200-300g), finely chopped  
1 large onion, finely chopped  
2 tablespoons corn flour mixed well with 1 cup water  
handful of finely chopped parsley  
pinch of ground black pepper  
pinch of sea salt to taste

Place the chopped carrot, squash and parsnip in a medium size, deep saucepan. Fill it up with water until about 3cm above the vegetable. Bring the contents to a boil, then reduce the heat to low and simmer until everything is soft. Use a masher and slowly mash the vegetables into purée form. Stir constantly till it is all mixed well, and smooth. Add in the corn flour and water mixture, keep simmering till the soup is thickened and pasty. Add in enough salt to suit your taste. Sprinkle ground black pepper and parsley over the soup when served.

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## **Old-Fashioned Squash Pie**

From 12/2003

Combine 3/4 cup sugar, 1 1/2 tsp cinnamon, 1/2 each of tsp salt, nutmeg and ground ginger, and 1/4 tsp each of allspice and ground cloves. Beat the two eggs, then mix with 1 1/2 cups cooked, pureed winter squash and 1 2/3 whole milk or cream. Add dry ingredients and mix until smooth. Pour into a pie shell. Bake in a pre-heated oven at 425 degrees for 15 minutes, reduce the heat to 350 degrees and bake for 30-35 minutes, until set. Cool and serve. For an optional topping, dissolve 1/2 cup brown sugar in 6 tbsp butter over low heat. Stir in 1 cup chopped walnuts and set aside. Ten minutes before the pie is done, arrange the nut mixture in a band around the top of the pie.

## Squash Nut Bread

From *Beet* 12/2003

Cream together 1/3 cup butter and 1 1/3 cup sugar until light and fluffy. Beat in 2 eggs and 1 1/3 cup cooked, mashed winter squash. Sift together 1 3/4 cup flour, 1 tsp baking soda, 1/4 baking powder, 1/2 tsp salt, 1 tsp cinnamon, 1/2 tsp each of nutmeg and ground ginger, and 1/4 tsp ground cloves. Stir dry ingredients into squash mixture and add 1/2 cup chopped walnuts. Butter a loaf pan and pour in the batter. Let rest for 15 minutes. Bake in a preheated 350 degree oven for 1 hour or until a knife inserted in the center comes out clean. Keep bread in pan 10 minutes before turning out.

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## Winter Squash Soup

From *Beet* 11/2006

We wanted to share a good, quick recipe for two items in our box this week: the delicious butternut squash and the tasty leeks. Enjoy!

*--Jessica and Patrick*

1 whole garlic head  
4 teaspoons olive oil  
6 cups thinly sliced leek (about 4 large)  
4 cups (3/4-inch) cubed, peeled butternut (or other) squash (about 1 medium)  
2 cups water  
2 cups fat-free, less-sodium chicken broth (or vegetable broth)  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Preheat oven to 350°. Remove white papery skin from the garlic head (do not peel or separate cloves). Wrap head in foil. Bake at 350° for one hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Heat oil in a large saucepan over medium-high heat. Add leek. Sauté 5 minutes or until tender. Stir in garlic, squash, 2 cups water, broth, salt, and black pepper; bring to a boil. Reduce heat and simmer 10 minutes or until squash is tender. Place half of the squash mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over the opening in the blender lid (to avoid splatters). Blend until smooth. Pour puréed soup into a bowl. Repeat procedure with remaining squash mixture. Alternatively, use an immersion blender to blend the entire batch in the saucepan. Yield: 6 servings (serving size: about 1 cup).

Nutrition per serving: Calories 167; Fat 3.5g; Protein 4.1g; Cholesterol 0.0mg; Sodium 351mg; Fiber 5.3g; Iron 3.3mg; Carbs 33.5g.

## **Baked Mashed Squash**

From 9/04

This is delicious and easily made ahead of time. Allow extra baking time if it's been refrigerated.

2-1/2 to 3 lbs. unpeeled winter squash  
5 tbs. butter  
Salt and freshly ground pepper  
Brown sugar (optional)  
1/4 - 1/3 cup chopped nuts (optional)

Peel squash and steam or bake until tender. Mash. You should have 1-1/2 to 2 cups squash. Mix in 4 tbs. butter and season to taste with salt and pepper. Place squash in a buttered 1 quart baking dish, dot with remaining butter, and cover with a sprinkling of brown sugar and nuts, if you wish. Bake in a preheated 350° oven for 30 minutes. Serves 4.

*A few variations are:*

- ◆ Spread 1 cup grated Swiss cheese or combination of cheeses over top. Sauté 2 tbs. chopped onions in 3 tbs. butter along with 1/2 cup fresh bread crumbs. Cover cheese and bake as above.
- ◆ Melt 2 tbs. butter and sauté 1 large chopped apple until cooked through; season with cinnamon and sugar and spread over squash. Bake as above.
- ◆ Cover with sour cream, crumbled bacon bits, or fresh herbs such as dill.

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## **Roasted Delicata Squash with Mushrooms**

From 11/2007

Olive oil (about 6 T)  
Fresh thyme -- 1 T (or dry if you don't have fresh)  
salt  
pepper  
2 medium-size Delicata squash  
1 1/2 lb fresh mushrooms

Put the oven racks in the upper and lower thirds of the oven and preheat to 425 degrees.

Stir together the oil, thyme, salt and pepper. Cut the squash in half lengthwise, remove the seeds and cut it crosswise into 1/2-inch wide slices. Toss the squash with half of the oil/thyme mixture in a shallow baking pan and arrange in a layer. Toss the mushrooms with the remaining oil in another shallow baking pan and arrange in a layer.

Roast the squash and the mushrooms, stirring occasionally and switching positions of the pans halfway through, until the vegetables are tender -- about 25 to 30 minutes.

When you remove the veggies from the oven, mix them together and serve.

## **Roasted Kabocha Squash, Red Daikon, Potatoes and Onions**

From 11/2007

3-4 red daikon radishes, washed  
1 lb potatoes, washed  
1-2 onions, peeled  
1 lb of kabocha squash, peeled  
Olive oil  
Salt and Pepper  
Several sprigs of fresh rosemary, finely chopped

Chop the vegetables into similarly sized pieces. The smaller the pieces, the less time to cook. These vegetables will all take about the same time to cook. Distribute the veggies into a Pyrex baking dish. Coat them with olive oil, salt, pepper and diced rosemary. Stir them up. Turn on the oven to 400 degrees. Roast the vegetables at this high temperature, stirring every 20 minutes. Depending on the size of your pieces, they will probably take at least 45 minutes to cook. You want them to be completely soft all the way through, and you want the skins to be crunchy from the olive oil.

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## **Dru's Recipe for Delicious Butternut Squash Pie**

From 12/2007

Many good bakers like to use butternut squash for their pumpkin pies because of its creamy texture. The following delicious recipe is a Full Belly favorite. Dru says that you can also use a mixture of butternut and kabocha or buttercup.

1 medium to large butternut squash baked in the oven whole for one hour (approx) at 375 degrees, until soft all the way through.  
1 t cinnamon  
1/4 t cloves  
1/4 t ginger  
3/4 cup organic sugar  
1/4 cup sweet molasses (or 1 cup of brown sugar)  
3 eggs  
1 cup half and half or whipping cream  
Prebaked pie crust

Let the squash cool enough to handle, then peel and de-seed. Put the pulp in the blender (or cuisinart) and blend until very smooth. You will want to have about 3 cups of pulp but a little

more or less is fine. Add the cinnamon, cloves, ginger, sugar and 1/4 cup of sweet molasses (or brown sugar). Blend again until all ingredients are mixed thoroughly. Crack the eggs into a separate bowl and beat lightly with a fork. Add to cuisinart bowl and blend with the squash mixture for just a brief moment. Add the half and half (or whipping cream if you are feeling really decadent) and blend just until blended through. Pour this mixture into a pre-baked crust and bake for one hour at 350 degrees or until well set. A crust made with a little graham cracker in it is especially delicious!

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## **Squash Soup**

From 12/2008

### *The stock*

Seeds and scrapings from the squash  
2 peeled and diced carrots  
1 celery stalk and leaves chopped into small pieces  
2 bay leaves  
1 turnip, diced  
5 or 6 fresh sage leaves  
4 parsley branches  
3 thyme branches  
1/2 teaspoon salt  
8 cups water

Bring all of the ingredients for the stock to a boil and simmer for 25 minutes. Strain.

### *Soup*

1 squash (about 2 pounds) halved and scooped out  
3 T butter  
1 medium yellow onion, diced  
1/2 teaspoon salt  
6 to 7 cups of stock  
1/2 cup light cream  
pepper

Preheat the oven to 400 degrees. Bake the squash halves, face down, on a baking sheet until the flesh is soft (about 1 hour.) Remove the squash from the oven and when cool, peel off the skin.

Melt the butter in a soup pot, add the onion and cook over medium heat for about 5 minutes. Add the cooked squash, the salt and the stock. Bring to a boil, then simmer covered for 25 minutes. Pass the soup through a food mill, which will smooth it out while leaving some texture. Return the soup to the pot and add the cream and more stock, if necessary, to thin it. Taste for salt and season with the freshly ground pepper.

Optional: Sprinkle with sage leaves and freshly ground cheese when you serve the soup.

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## **Roasted Winter Squash Soup**

From 1/2009

2 lb. winter squash (kuri, butternut, kabocha, delicata)  
2 T butter or olive oil  
1 cup coarsely chopped yellow onions  
1 T chopped fresh sage (or 1 t dried)  
pinch of allspice  
1 small apple, cored and diced  
4 cups chicken stock  
Fresh lemon juice  
Salt to taste  
1/4 t black pepper

Place the squash in a baking pan and roast in a 425 degree oven for 1 hour, or until it is very soft. Let it cool a bit. While the squash is baking, make the soup base by melting the butter in a medium-sized saucepan over moderate heat. Add the onion, sage and allspice. Reduce the heat, cover the pan, and allow the onions to sweat for 10 minutes, or until they are tender. Add the diced apple and the chicken stock. Bring to a simmer and cook until the apple is tender, about 15 minutes.

Scoop out the pulp of the squash -- you need about 2 cups. Add the pulp to the soup base and simmer for 5 minutes. Puree the soup in a blender. Correct the seasoning with lemon juice, salt and pepper. Serve simmering.

## **Butternut-Black Bean Soup**

From 1/2009

1 cups black beans, sorted, rinsed and drained  
2 T oil  
1-2 leeks, chopped  
1 large butternut squash peeled and cut into 1-inch cubes  
1 T salt

*Prepare the beans:* If you have thought in advance, a good way to do this is soak them for 4 hours or overnight at room temperature. If you haven't soaked them in advance you can place them in 8 cups of water in your soup pot, bring it to a boil for 5 minutes and then let stand for an hour before proceeding with this recipe.

Heat the oil in a saute pan, add the leeks and saute until well cooked. Add the leeks and butternut squash to the beans and bring it to a boil. Reduce the heat, cover and simmer, stirring occasionally, until the beans are tender but not mushy -- about 1 hour.

Remove 1 cup of the beans and squash and 1 cup of the broth and puree in a blender or food processor. Return the puree to the pot. If you want a thicker soup, puree more of the beans and vegetables. Add the salt and pepper to taste and simmer for 5 more minutes.

When you serve the soup it is good with a dollop of sour cream or yogurt in each bowl.

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## **Squash and Greens Risotto**

6 main-course servings

*From 2009*

3 lb. winter squash  
5 cups chicken broth  
1 c dry white cooking wine  
1 medium leek, sliced  
1 T butter  
1 1/2 cups Arborio rice (9 oz)  
1 teaspoon minced garlic

1/2 teaspoon ground cumin  
5 T grated Parmagiano-Reggiano  
1 teaspoon salt  
1 1/2 teaspoon chopped fresh sage  
6 cups coarsely chopped greens

Preheat the oven to 450 degrees. Halve the squash, deseed it and then cut it into slices about 2 inches wide. Season all of the slices with salt. Roast them skin side down in a shallow baking pan in the middle of the oven until tender and golden, about 40 or 50 minutes. Note that if the squash is too hard to slice, you can put it in the oven for 15 minutes to soften it, take it out and then slice it up.

While the squash is roasting, bring the chicken broth and white wine to a simmer and keep it at a bare simmer, covered. Meanwhile, cook the leek in butter in a 4-quart, heavy pot over moderate heat, stirring until softened, for just under 10 minutes. Add the rice, garlic, and cumin and cook, stirring, 3 minutes. Stir in 1/2 cup of the broth and cook at a strong simmer, stirring frequently, until the broth is absorbed. Continue simmering and adding broth 1/2 cup at a time, stirring constantly and letting each addition be absorbed before adding the next, until rice is creamy-looking but still al dente, about 20 minutes total.

Peel off the squash skin and divide the squash into smaller pieces (4-inch or so.) Stir in the squash pieces, then stir in the cheese, salt, sage and greens. Continue to cook, stirring, for a minute. If necessary, thin the risotto with leftover broth, or a bit more white wine.