

CUMMMINGS À LA TABLE

SQUASH MENU



FUN FACTS ABOUT SQUASH

SOUPS

Butternut Squash Coconut & Ginger Soup
Butternut Soup

SALAD

Roasted Squash Salad with Cranberries

SIDE DISH

Squash Pancake

MAIN COURSE

Roasted Butternut Squash & Red Onion
Stuffed Acorn Squash
Butternut Squash with Onion & Pecans

DESSERT


Squash-Chocolate Cake





FUN FACTS ABOUT SQUASH




There are two different types of squash: summer and winter squash.


 Summer squash, like zucchini or patty pan squash, have thin skins and can be eaten whole -- skin, seeds, and all.


 Winter squash like pumpkin and acorn squash have robust skins that are not usually edible, much harder flesh, and their seeds generally need to be removed before eating (One can toast and eat these seeds as well).


 Winter squash, as we know it today, is a descendent of wild squash that originated in an area between Guatemala and Mexico nearly 10,000 years ago.


 The English word "squash" comes from askutasquash, which means "a green thing eaten raw". This is a word from the Narragansett language, which was documented by Roger Williams in his 1643 publication *A Key Into the Language of America*.

 Squash and melons are related.

 Depending on the squash, they can be high in Vitamin A, B6, Vit C, folate; Mg, Fibre, Riboflavin, phosphorous and potassium (just to list a few nutrients!)

 Most winter squash have long shelf lives.

 Pumpkins do not have to be orange.

 Spaghetti squash does not taste like spaghetti. It gets its name from the fact that, when it's cooked, its flesh separates into shapes that look remarkably like noodles. Spaghetti squash is much less sweet than most other winter squashes.



When buying whole winter squash, choose ones that are firm and heavy for their size. Choose squash that have an intact shell and are free of moisture, nicks and bruises.



Winter squash have a hard external shell, which means they naturally have a long shelf life. A winter squash with an intact outer shell that is stored properly can last in a cool, dry place for weeks or even months!



Prepared by: Cindy Bassel

Butternut squash, Coconut & Ginger Squash Soup



Ingredients

1 medium butternut squash peeled and seeded and cut into 1 inch cubes
2-inch piece of ginger root cut into strips
1 can of unsweetened coconut milk (light or regular) (14 ounces)
3 cups Chicken or vegetable stock or water
1/2 tsp. salt
1/8 tsp. of cayenne pepper (to taste)
Freshly ground black pepper
1 Tbsp. freshly squeezed lime juice

Instructions

In a large pot, bring squash, ginger, coconut milk, stock, salt, cayenne & black pepper to a simmer over medium heat.
Reduce heat and simmer until squash is fork tender.
Using an immersion blender or food processor puree soup until smooth.
Stir in lime juice.
Taste and adjust seasoning if needed.

Submitted by: Gloria Liederman

Butternut Squash Soup



Ingredients

- 3 Tbsp. olive oil
- 1 medium (3lbs) Butternut squash - cubes
- 2 celery stalks - diced/chopped
- 1 medium onion - diced
- 2 sprigs of rosemary
- 2 bay leaves
- 1 medium orange - zest and juice
- $\frac{1}{2}$ cup 35% cream

Instructions

- Add oil to the pot and heat for one minute.
- Add onion & celery and heat for five minutes.
- Add squash, rosemary and bay leaves and heat two minutes.
- Add eight (8) cups of water, orange zest and juice.
- Simmer thirty minutes.
- Remove bay leaves.
- Puree soup in blender or processor.
- Return soup to pot.
- Add cream and bring to a simmer.
- Salt & pepper to taste.

Recipe submitted by: Steve Fagan

Roasted Squash Salad with cranberries

Prep about 20 min

Ingredients

$\frac{3}{4}$ -cup apple juice
2 Tbsp. cider vinegar
2 garlic cloves minced
5 Tbsp. extra virgin olive oil
2 tsp. Dijon mustard
1 butternut squash about 1.4 kg
1 Tbsp. honey
 $\frac{1}{2}$ tsp. salt
4 cups baby arugula or mixed greens
1 cup crumbled feta
 $\frac{1}{4}$ cup unsalted raw shelled pumpkin seeds called (pepitas)
2 Tbsp. dried cranberries

Instructions

Position racks in upper and lower third of oven. Preheat to 400F. Line two large baking sheets with foil or parchment paper.

Boil apple juice with vinegar and garlic in a small saucepan. Boil until reduced to $\frac{1}{4}$ cup about 10 min. Remove from heat and whisk in 3 Tbsp. of oil and the Dijon mustard (2tsp).

Cut a large shallow slit through the skin of the squash. (You can microwave on high to make it easier to cut 3-5 min.) Slice unpeeled squash in half and discard the seeds. Cut squash into $\frac{1}{3}$ in thick slices. Toss with remaining oil (2 Tbsp.), honey (1 Tbsp.) and salt ($\frac{1}{2}$ tsp) until coated. Spread on prepared baking sheets. Roast until just tender and edges start to brown, about 15 minutes.

Divide arugula among plates. Top with warm squash. Drizzle with dressing. Top with feat, pepitas and cranberries.

Submitted by: Cindy Bassel

Squash Pancakes



Ingredients

1 Butternut Squash, cut in half, seeded, baked until soft
1/3 cup plain yogurt or sour cream
2 large eggs
1/2 cup cheddar, parmesan or other strong cheese
3/4 tsp. salt
A few grinds of black pepper
1 tsp. baking powder
1 cup (130 grams) gluten-free flour or regular flour
Butter or olive oil for frying pan

Instructions

In a large bowl, combine squash, yogurt, eggs, cheese, salt, pepper and baking powder until smooth. Add flour and stir until just combined. Batter will be thick.

Heat a large frying over medium-low to medium heat.

Coat with a bit of oil, butter, or cooking spray.

Drop batter by spoonful on hot pan.

Press the back of the batter mound to flatten the pancake slightly.

Cook until golden brown underneath, flip and then cook until the color until golden brown on the second side.



Butternut Squash with Onions & Pecans

Ingredients

3 tbsp. Butter or pareve margarine or oil
1 large onion finely chopped
6 cups butternut squash peeled & seeded cut into 1/2 inch cubes
1 cup pecans coarsely chopped
3 Tbsp. fresh parsley minced
Salt & pepper to taste

Instructions

Toast pecans in the oven at 375 degrees for 5 minutes just until they start to brown set aside.
Melt butter in a large skillet, add onions and sauté until very tender about 15 minutes.
Add squash and toss to coat.
Cover and cook until squash is tender but still holds its shape stirring frequently 20-30 minutes,
add salt & pepper
Stir in half the pecan & parsley transfer to serving dish and sprinkle with the remaining pecans & parsley



Roasted Butternut Squash & Red Onion With Tahini & Za'atar

Ingredients

- 1 large butternut squash peeled & cut into wedges 3/4 by 2 inches
- 2 red onions cut into 1-inch wedges
- 4½ Tbsp. olive oil
- 3½ Tbsp. tahini paste
- 1 ½ Tbsps. lemon juice
- 2 Tbsps. water
- 1 small clove of garlic crushed
- 3½ pine nuts (or slivered almonds)
- 1 Tbsp. za'atar
- 1 Tbsp. coarsely chopped flat leaf parsley
- Sea salt & ground black pepper

Instructions

Preheat oven to 475 degrees

Vegetables

- Put squash & onion into a large mixing bowl; add 3 ½ Tbsp. of olive oil 1 tsp. of salt and some pepper toss well
- Spread on a baking sheet and roast 30-40 minutes until vegetables are cooked through and have started to brown (take note onions may cook faster)
- Remove from oven and let cool slightly

Sauce

- Place tahini, lemon juice, water, garlic & 1/4 tsp. salt in a small bowl
- Whisk until the sauce is the consistency of honey, adding more water or tahini if necessary

Topping

Heat remaining 1 1/2 Tbsps. olive oil in small fry pan over medium-low heat, add pine nuts with 1/2 tsp salt & cook for 2 minutes stirring often until nuts are golden brown.

To serve

Spread vegetables out on a platter and drizzle over the tahini sauce. Sprinkle with the nuts & their oil on top followed by avator and parsley.

Recipe submitted by: Cheryl Vockathaler from Jerusalem Cookbook

Authors Yuta Ottolenghi & Sami Tamimi



Stuffed Acorn Squash

Ingredients

2 medium acorn squash
2 Tbsp. extra-virgin olive oil, divided
1/2 tsp. fine sea salt, divided
1-2 Tbsps. brown sugar (optional)
 $\frac{3}{4}$ cup quinoa, rinsed
 $1\frac{1}{2}$ -cup water
1/4 cup dried cranberries
1/4 cup raw pepitas (hulled pumpkin seeds)
1/4 cup chopped green onion

Instructions

Preheat oven to 400 degrees Fahrenheit and line a large, rimmed baking sheet with parchment paper. (Makes for an easy clean up)

To prepare the squash, use a sharp chef's knife to slice through it from the tip to the stem. Pierce the squash in the center along a depression line, then cut through the tip, and finish by slicing through the top portion just next to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces.

Instructions (cont'd)

Place the squash halves cut side up on the parchment-lined pan. Drizzle 1 tablespoon of the olive oil over the squash, and sprinkle with 1/4 teaspoon of the salt as well as the brown sugar. Rub the oil into the cut sides of the squash, and then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes. Meanwhile, cook the quinoa: In a medium saucepan, combine the rinsed quinoa and water. Bring the mixture to a boil over medium-high heat, and then reduce the heat as necessary to maintain a gentle simmer. Simmer, uncovered, until all of the water is absorbed, 12 to 18 minutes. Remove the pot from the heat and stir in the cranberries. Cover, and let the mixture steam for 5 minutes. Uncover and fluff the quinoa with a fork.

In a medium skillet, toast the pepitas over medium heat, stirring frequently, until the pepitas are turning golden on the edges and making little popping noises, about 4 to 5 minutes. Set aside.

Pour the quinoa mixture into a medium mixing bowl. Add the toasted pepitas, chopped green onion, parsley, garlic, lemon juice, the remaining 1/4 teaspoon salt, and the remaining 1-tablespoon olive oil. Stir until the ingredients are evenly distributed. Taste and add additional salt, if necessary.

If the mixture is very hot, let it cool for a few minutes before adding the Parmesan cheese and goat cheese. Gently stir the mixture to combine.

Turn the cooked squash halves over so the cut sides are facing up. Divide the mixture evenly between the squash halves with a large spoon. Return the squash to the oven and bake for 15 to 18 minutes, until the cheesy quinoa is turning golden on top.

Sprinkle the stuffed squash with the remaining 1-tablespoon chopped parsley and serve.

Notes:

- You can change cheese to what you like or have available.
- You can add other protein as well such as 1 can of chickpeas or black beans drained and rinsed (or cooked).
- You can omit cheese as well and add chicken or tofu
- You can switch around the seeds as well for walnuts or any other nuts you prefer

Recipe submitted by: Cindy Bassel-Brown

Squash-Chocolate Cake



Preheat oven to 350 degrees F.

Ingredients

- 1 $\frac{1}{2}$ cups cooked mashed butternut squash
- $\frac{1}{2}$ -cup maple syrup
- 3 Tbsp. oil (unsweetened apple sauce can substitute the oil)
- 1 egg
- 1 tsp. vanilla extract
- 1-cup gluten-free flour mix (regular baking flour can be used)
- $\frac{1}{2}$ cup unsweetened cocoa powder
- 1 tsp. baking soda
- 1 tsp. pumpkin pie spice (or $\frac{1}{2}$ tsp. cinnamon,
1/4 tsp. nutmeg, $\frac{1}{8}$ tsp. ginger, $\frac{1}{8}$ t tsp. allspice or cloves)
- 1/4 tsp. salt
- $\frac{1}{2}$ cup unsweetened shredded coconut (optional)
- 1/2 cup dark chocolate chip

Topping:

- 2 Tbsp. unsweetened shredded coconut (optional)
- 2 Tbsp. dark chocolate chips

Instructions

Spray a regular size loaf pan with nonstick cooking spray.

In a large bowl, mix together squash, maple syrup, oil, egg and vanilla. In a separate large bowl, whisk together the dry ingredients: gluten-free flour, cocoa powder, baking soda, pumpkin pie spice and salt.

Add dry ingredients to wet ingredients and mix until just combined. Fold in chocolate chips and shredded coconut.

Pour batter into the loaf pan. Top with extra coconut and chocolate chips. Bake for 50 minutes or until tester comes out clean.

Notes:

Gluten-free flour: I prefer Bob's Red Mill Gluten-free baking flour mix. Another good one is Soleil brand gluten-free baking flour. Make sure the gluten-free flour blend contains either guar gum or xanthan gum. It helps the performance of the flour.

Regular flour can be used as well.

Squash: To use cooked mashed squash in a recipe, wash; poke several holes in the skin.

Microwave until soft. Cool, split open, remove seeds and mash.

If you want to cheat, use Pure Canned Pumpkin.

Recipe submitted by: Pat Libling