



In the Kitchen

with Barb Agee ~ November 2015

Squash B'gosh



Yucatan Tapenade with Delicata Squash

6 garlic cloves, divided
 6 tablespoons olive oil, divided
 2 teaspoons salt, divided
 1 medium delicata squash
 ½ cup onion, diced
 ½ cup red sweet pepper, diced
 1 medium jicama, peeled and cut into ½-inch cubes

6 large Roma tomatoes, cut in half lengthwise
 3 tablespoons white wine vinegar
 1 tablespoon fresh lemon juice
 1 tablespoon fresh basil, chopped or 1 teaspoon dried basil
 2 teaspoons capers
 ¼ teaspoon pepper



Preheat oven to 350°F. In a food processor, add garlic cloves, 1 teaspoon salt and 4 tablespoons olive oil. Pulse 3 to 4 times or until garlic is finely chopped. In a medium bowl, mix halved tomatoes and 2 tablespoons of the garlic olive oil. Toss to coat. Place tomato halves on a baking sheet cut side up for 50 minutes. Cut squash in half lengthwise. Scrape out seeds and membrane. Slice squash into ½-inch half rings. Cut each half ring into 4 to 5 pieces. Place pieces in a medium bowl; toss with remaining 2 tablespoons of garlic olive oil. Lay squash pieces on a baking sheet. Place in oven the last 10 minutes of the tomato roasting time. When tomatoes are roasted, take them out and continue to roast squash until fork tender. In the food processor, pulse roasted tomatoes and juices from the roasting pan. Set aside.

In a large skillet, heat the remaining 2 tablespoons of oil. Add the onion and sauté for 4 to 5 minutes. Add red sweet pepper; sauté another minute. Stir in the jicama, tomatoes sauce, vinegar, lemon juice, basil, capers, 1 teaspoon salt and pepper. Bring mixture to a boil. Reduce heat and simmer for 10 minutes. Add squash and continue simmering until squash is heated through, about 2 minutes. Serve hot or warm as a side dish or topping for pasta or rice. *Serves 6*

Roasted Butternut Squash with Pomegranate and Tahini

3 cups fresh butternut squash, peeled and diced
 Cooking spray
 ¼ teaspoon kosher salt
 ¼ teaspoon freshly ground black pepper
 4 teaspoons tahini paste

1 tablespoon fresh lemon juice
 1 tablespoon olive oil
 1 tablespoon water
 ½ cup pomegranate arils
 2 cups arugula



Preheat oven to 425°F. Arrange squash in a single layer on a rimmed baking pan; coat squash with cooking spray; sprinkle with salt and pepper. Roast for 15 minutes or until lightly browned, stirring halfway through cooking. Meanwhile combine tahini paste, lemon juice, olive oil and water in a small bowl; stirring until smooth. Combine roasted and cooled squash with pomegranate arils and arugula in a large bowl; toss gently. Drizzle squash with the tahini mixture. *Serves 4*

Kabocha Squash with Cardaman And Nigella Seeds Topped with Chile- Lime Yogurt

1 large kabocha squash, (about 2¾ pounds) peeled, seeded and cut into 1¼-inch chunks
1 large cinnamon stick or ¼ teaspoon ground cinnamon

1½ tablespoons butter

1 tablespoon olive oil

1 medium sweet onion, halved and thinly sliced

½ teaspoon ground cumin

½ teaspoon coriander

½ teaspoon turmeric

¼ teaspoon cardamom

1 tablespoon brown sugar

1 teaspoon salt

1 teaspoon green chile, finely chopped

1½ teaspoons nigella seeds, divided

Scant 1 cup vegetable stock

3 tablespoons pumpkin seeds, toasted

¼ cup cilantro, coarsely chopped

Chile-Lime Yogurt Sauce (*see recipe below*)



Preheat oven to 425°F. Place the butter and oil in a large sauté pan over medium heat. Add the onion and sauté for 2 minutes. Add the squash, increase the heat to medium-high, cook another 4 minutes, stirring occasionally until it starts to color.

In a small bowl mix the cumin, coriander, turmeric, cardamom, salt and brown sugar together. Sprinkle over the squash. Add the cinnamon stick, chopped chile and 1 teaspoon nigella seeds. Toss to combine; transfer to a baking sheet in a single but snug layer. Pour stock over squash and roast for 10 minutes or until fork tender. Set aside for 5 minutes; the liquid will continue to be absorbed.

To serve, arrange squash mixture on a warm serving platter. Sprinkle pumpkin seeds, ½ teaspoon nigella seeds and cilantro over the top and drizzle with half of the Chile-Lime Yogurt Sauce (*see recipe below*). Pour remainder of the sauce into a small pitcher for passing. *Serves 4*

Chile-Lime Yogurt Sauce

¾ cup Greek yogurt

Zest from ½ lime

1½ teaspoons lime juice

¼ teaspoon cardamom

1 teaspoon honey

½ teaspoon salt

¼ teaspoon freshly ground pepper

In a small bowl, mix all ingredients together.

Roasted Acorn Squash with Orange and Curry

1 acorn squash (about 1¼ pounds)

1½ tablespoons unsalted butter, softened

2 tablespoons fresh orange juice

1 tablespoon honey

1 teaspoon fresh ginger, minced

Big pinch curry powder

½ teaspoon salt



Preheat oven to 400°F. Slice a thin piece off both ends of the squash. Cut the squash in half lengthwise with the ribs. Scoop out the seeds with a sturdy spoon.

Line a small shallow baking dish with foil. Spray foil with vegetable spray. In a small bowl, mix the orange juice, honey, ginger and curry powder together. Place the squash in the baking dish and rub squash flesh with the softened butter; sprinkle with the salt. Drizzle the orange juice mixture over the top edges and cavity of the squash. Most of the orange juice mixture will pool in the cavity.

Roast the squash halves until nicely browned and tender, about 1 hour; occasionally brushing some of the juice in the cavity on the squash edges. Don't over bake.

To serve, cut each squash piece in half lengthwise and drizzle with some of the orange juice mixture. *Serves 4*



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