

SQUASH RECIPES

Bread Pudding in Small Squashes

4 small winter squashes 5½ x 4 1/5 inches
¼ cup plus 1 Tbs. sugar
½ tsp. cinnamon
4 slices good homemade-type bread
1¾ cups milk
2 eggs
pinch of salt
¼ tsp. nutmeg
pinch of allspice
1/3 cup raisins
2 Tbs. brandy
½ pint vanilla ice cream

Cut ½ inch off the top of each squash. Trim the bottoms so that they sit securely, scrape out the insides, leaving 1/4 inch wall all around. Discard the seeds and save the meat for another use (such as squash fritters or squash soup). Sprinkle 1 Tbs. of the sugar around the interior walls of the squashes, then sprinkle the insides with a little of the cinnamon. Let stand about 1 hr.

Tear the bread into rough pieces and place in a bowl. Beat the milk and eggs together and pour over the bread. Stir in ¼ cup sugar, spices, and let stand 30 minutes. Meanwhile, soak the raisins in the brandy for 30 minutes.

Drain the squashes of any excess water. Stir the raisins into the bread mixture, then spoon equal amounts into the four squashes, mound the bread pudding over the top slightly (if you have too much, bake the remaining pudding in a buttered Pyrex cup).

Bake the squashes at 325° for one hour, covered, and for an additional 30 minutes, uncovered.

Serve hot with scoops of ice cream.

Serves 4

Light & Airy Summer Squash Pie

5-6 medium yellow squash (1 ½ pd.).
¼ cup water
salt
2 Tbs. Butter
½ cup light brown sugar
3 eggs, separated
1/3 cup milk or light cream
¼ tsp. cinnamon
1/8 tsp. freshly grated nutmeg
1/8 tsp. allspice
Basic Pie Dough
¾ cup heavy cream
3 Tbs. maple syrup

Wash the squash and cut it up in small pieces. Put it in a heavy saucepan with the water and a light sprinkling of salt, and cook, covered, over low heat, stirring occasionally, until very tender, about 15 minutes. Uncover and boil away any remaining liquid, then stir in the butter until melted.

Remove from the heat and mash the squash thoroughly or use a food processor. Blend in the sugar, egg yolks, milk or cream, and spices.

Beat the egg whites in a separate bowl until they form peaks, then fold them gently into the squash.

Line a 9-inch pie pan with the dough and pour in the squash mixture. Bake at 450° for 10 minutes. Reduce the heat to 350° and bake until firm, about 45 minutes. Remove and let cool slightly.

Whip the cream until thick. Pour the maple syrup carefully in a fine stream over the whipped cream, turning the cream and folding in the syrup, then spread in swirls over the pie.

Serves 8

Butternut Squash Pie

For the crust

- 1½ cups ground gingersnap cookies (about 36)
- ¼ cup butter, melted
- 1 tsp grated fresh orange zest, finely chopped

For the filling

- 2 to 2 ½ cups whole butternut squash
- 2 eggs
- 1 cup undiluted evaporated milk
- ½ cup packed dark brown sugar
- 2 tbsl. grated fresh orange zest, finely chopped
- 2 tsp. cinnamon
- ½ tsp. salt
- ½ tsp. ground ginger
- ¼ tsp. ground cloves

For the topping

- 1/3 cup chopped hazelnuts, toasted, warm
- 1/3 cup chopped walnuts, toasted, warm
- 2 Tbl. Dark brown sugar
- 2 Tbl butter

For the crust: In small bowl combine ground gingersnaps, butter and orange zest. Pat into 9-inch pie pan, ¼ of way up the sides. Set aside.

To prepare the squash: Pierce skin of squash with a fork or sharp knife in 4 or 5 places around top. Place squash on paper towel in the microwave. Cook on high 20 to 25 minutes or until fork tender. Let stand 5 minutes. Peel, cut into chunks, remove seeds, and puree in food processor fitted with metal blade, or in blender. Makes 2 to 2 ½ cups puree. Preheat oven to 350°.

For the filling: In a large bowl, beat eggs lightly. Stir in squash, milk, sugar, cinnamon, ginger and cloves. Pour into prepared pan. Place on cookie sheet. Bake 50 to 55 min. or until knife inserted in middle comes out clean.

To make topping combine toasted warm nuts with butter and brown sugar. Halfway through the baking time, mound nuts in the middle of the pie.

Cool pie completely on cooling grid. Refrigerate until serving time.

Custard Squash Pie

- 1 ½ to 2 pounds squash
- 4 eggs
- 1½ cups whipping cream
- 2 tsp. ground cinnamon
- ½ tsp. ground nutmeg
- 2/3 to 1 cup firmly packed brown sugar
- Unbaked 9 or 10 inch pie shell
- Sweetened whipped cream

Cook squash. Scrape cooked squash from shell and whirl in blender or food processor until smooth. Measure 2 cups squash and spoon into a strainer. Let stand for about 10 minutes to drain off any excess liquid.

In a large bowl beat together eggs, the 1-½ cups whipping cream, cinnamon, and nutmeg. Stir in squash and sugar to taste.

Pour squash mixture into pie shell and bake at 350° until custard appears set in center when pan is gently shaken (about 1 hour). Serve warm or at room temp. topped with sweetened whipped cream.

Red Sauce Spaghetti Squash

- 1 onion diced
- 1 tsp. olive oil
- 1 plum tomato, seeded and diced
- 1 cup tomato sauce
- ¾ tsp. oregano
- ½ tsp. salt
- ¼ tsp. pepper
- 1 large spaghetti squash, about 5 pounds
- ¼ cup Parmesan cheese

In a nonstick skillet, sauté onion in oil until translucent, about 10 minutes. Add tomato, tomato sauce, oregano, salt and pepper and simmer over low heat for 30 minutes.

Meanwhile, halve spaghetti squash lengthwise and remove seeds. Cover each half with wax paper, leaving 1 corner exposed. Microwave, cut side up, on a plate on high power for 8 minutes. Squash should separate easily into strands when done. Scrape out flesh and place in a large mixing bowl.

Mix in tomato sauce and season to taste. Divide into six 2/3-cup portions and top each with 1 tablespoon Parmesan.

Stuffed Yellow Squash

- 1 cup stale breadcrumbs
- 2 summer squash (about 1 Pd ea.)
- 3 Tbs. butter
- 3-4 Tbs. Finely chopped shallots or onions
- 1½ cups finely chopped mushrooms
- 2 garlic cloves, chopped
- 2 cups diced ham (in ¼ inch dice)
- 1 tsp. chopped fresh thyme, or
- ¼ tsp. dried
- 1 bay leaf
- Salt and freshly ground pepper
- ½ cup fresh bread crumbs
- ¼ cup minced parsley

Soak the stale breadcrumbs in water.

Cut each squash into 2 equal pieces that will lie flat. Scoop out the centers to leave shells about 1/8 inch thick. Chop the pulp and set aside.

Melt the butter in a skillet and sauté the shallots or onions, mushrooms, and garlic. Add the chopped pulp to the skillet with the ham: stir in the thyme and bay leaf. Season mixture lightly with salt and freshly ground pepper. Stir in the soaked breadcrumbs.

Divide this mixture between the 4 squash shells, and sprinkle the tops with fresh bread crumbs and minced parsley.
Bake at 350° for 25 minutes.

Serves 4

Summer Squash with Vegetables & Cheese

- 1 lb. summer squash, halved and seeded
- 3 sprigs mint
- 2-3 whole carrots, trimmed and scraped
- 8-10 scallions, chopped
- 2 Tbs. Butter
- ½ lb. mushrooms, sliced
- 1 lb. tomatoes, peeled and quartered
- 1 Tbs. Chopped fresh chervil or parsley
- Salt and freshly ground pepper
- 6 ounces cheddar, grated

Cut the squash halves into ½ inch pieces, and then steam them with the mint and carrots for about 10 minutes.

Arrange the squash in a layer on the bottom of a large shallow buttered baking dish. Dice the steamed carrots. Sauté the scallions in the butter 1 minute, then add the diced carrots, mushroom slices, and tomato quarters.

Season lightly with salt and pepper and stir in the chopped herb, cooking gently until the carrots are done and the mushrooms and tomatoes are lightly browned. Arrange a layer of sautéed vegetables over the squash, and sprinkle grated cheddar evenly over the top.

Put the dish in a 400° oven for 10 minutes to brown the cheese.

Winter Squash Corn Bread

¾ cup yellow cornmeal
¾ cup flour
4 tsp. Baking powder
½ tsp. Cinnamon
¼ tsp. Allspice
½ tsp. Salt
½ cup soft butter
¼ cup dark brown sugar, packed
2 eggs
1½ tsp. Lemon juice
1 cup pureed steamed winter squash
¼ cup milk

Mix the cornmeal, flour, baking powder, spices, and salt together.

In a separate bowl mix the soft butter and the brown sugar, and beat until light. Stir in the eggs, lemon juice, squash, and milk and beat well. Gradually the dry mixture, blending thoroughly.

Pour the dough into a buttered 8-inch loaf pan. Bake in a 350° oven. After 50 minutes check the bread if it's not done cook for 10 more minutes. Cool on a rack.

Butternut Squash Cake

1 butternut squash (about 1 pd)
4 eggs
1½ cups sugar
1 cup vegetable oil
2 cups all-purpose flour
2 tsp. Baking powder
1 tsp. Baking soda
1 tsp. Salt
2 tsp. Cinnamon
½ tsp. freshly grated nutmeg
Confectioners sugar

Split the butternut squash lengthwise and scoop out the seeds. Steam until tender, about 30 to 40 minutes. Scoop out all the flesh and mash or puree it, you will need 1 ¾ cups.

Beat eggs in a large bowl until lemon-colored, then add the sugar. When blended, add the oil and squash and beat thoroughly.

Toss the flour, baking powder, baking soda, and salt together, then add them to the first mixture, mixing well. Stir in the spices.

Pour the batter into a buttered Bundt pan and bake at 350° for 45 minutes. Let cool in pan for 10 minutes. Then put onto cooling rack. Dust with confectioners sugar. Makes 1 bundt cake.

Hubbard Pie

1 Hubbard squash, or 2 cups puree (or equal amount of kabocha, buttercup, pumpkin or acorn squash puree)
½ cup sugar
¼ cup maple syrup
½ teaspoon allspice
1/8-teaspoon ground clove
½ teaspoon cinnamon
½ teaspoon nutmeg
3 eggs
1½ cups half-and-half
2 tablespoons melted unsalted butter
1 teaspoon vanilla
Pinch salt
2-8 inch pie shells, or 1 deep-dish pie shell

Cut the Hubbard into 4-inch pieces. Bake on a cookie sheet, cut sides down, at 375° for 30 minutes. Cool, then scrape pulp from skin. Puree in a food processor, and measure 2 cups.

In a mixing bowl, beat the squash puree, sugar, maple syrup and spices. Beat in eggs one at a time, beating until light each time. Mix in half-and half, butter, vanilla and salt.

Pour into pie shells. Bake at 350° for 45 minutes. Cool, cover and chill.

Hearty Squash Soup

1½ teaspoons butter
1 medium onion, finely chopped
1 ¾cup chicken stock or 1 (12½ ounce) can chicken broth.
½ pound potatoes, peeled and diced
1 teaspoon dried thyme
2 cups mashed, winter squash, such as butternut, acorn or pumpkin, cooked in shell (a 1 ¾ –to 2 pound squash makes about 2 cups mashed)
Juice of one orange plus ½ teaspoon finely grated orange peel
2 cups low-fat milk
Salt and pepper
¼ cup low-fat plain yogurt
¼ teaspoon ground nutmeg or 1 teaspoon prepared horseradish, optional

Heat butter in large saucepan over medium heat. Add onion; cover and cook about 10 minutes to soften, stirring occasionally. Add chicken stock, potatoes and thyme; cover and cook about 20 minutes, or until potato is tender, stirring occasionally.

If smooth soup is desired, place cooked potato mixture along with mashed squash and orange juice in a blender; cover and process until smooth. Return mixture to pan; stir in orange juice, peel and milk.

For soup with more texture eliminate the step in the blender and mash vegetables with fork. Season with salt and pepper. Place over medium –low heat and cook until thoroughly heated. Meanwhile, stir together yogurt and nutmeg or horseradish, if desired. Ladle soup into bowls and top with yogurt sauce.

Acorn Squash Stuffed with Wild Rice

- 2 small acorn squash, about 4 inches long
- 2 tablespoons of dried cranberries
- ¼ cup apple juice (optional)
- 1 large portobello mushroom, chopped, about 1 cup
- 1 medium shallot, minced, 1 tablespoon
- ½ golden delicious apple, peeled, cored and chopped
- 1 cup cooked wild rice (or other favorite rice)
- Salt and freshly grounded pepper to taste

Preheat oven to 375°. Spray a baking sheet with cooking spray and set aside. Halve the squash lengthwise. Scoop out and discard the seeds and stringy fibers. Place the squash, cut-side down, on the baking sheet. Bake until soft when the squash is pierced with a knife, about 35 minutes.

While squash bakes, in a small bowl plump the cranberries in the apple juice, or in warm water. This takes about 20 minutes.

In a medium nonstick skillet over medium-high heat, sauté the mushrooms with the shallots until the mushrooms let their liquid. Add the apple; continue cooking until the mushrooms brown and the apple is slightly soft. Pour the mixture into large bowl.

Add the wild rice to the sautéed mushroom mixture. Drain the cranberries and chop them coarsely. Add them to the filling. Season the filling to taste with salt and pepper. When squash is done, spoon about ½ cup of the filling into the cavity of each half and serve.

Prep time 30 minutes. Cook time 30 minutes.