

Winter Squash with Browned Butter & Herbs

Adapted from: Bon Appetit – January 2000

Brown butter is butter cooked to a browner, nutty-tasting stage. It adds a lot of flavor to the squash.

Step 1: Roasting the squash

Select any type of winter squash (we used delicata, acorn, carnival, sunshine & butternut in our demo), cut in half length-wise, scoop out seeds and place cut-side down on a lightly oiled cookie sheet or in a baking pan. Add a small amount of water to the bottom of the pan to allow the squash to steam while cooking. Place in a pre-heated 400 degree oven and roast until the squash is soft and there is no resistance when touched (anywhere between 30 minutes to an hour and a half+ depending on the variety of squash). Allow to cool, then scoop the flesh away from the skin and mash slightly.

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Step 2: Preparing the browned butter

Melt a stick of butter in a sauce pan over medium heat. Continue to cook until butter is golden brown and aromatic, about 2-3 minutes (butter will go through different stages). Pour browned butter into a new container to stop the cooking process and set aside or refrigerate until ready to use.

Step 3: Final step in preparing squash

Melt one to two tablespoons of browned butter in pan and add desired amount of squash. Add a few pinches of finely chopped rosemary and/or sage. Season generously with salt & pepper.

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