



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

October 2015: Super Squash!

Kabocha Squash Toast

1–2 1/2-to 3-pound kabocha or other yellow-fleshed squash, peeled, seeded and cut into pieces 1/8- to 1/4-inch thick

3/4 cup extra-virgin olive oil

1/2 teaspoon dried chile flakes

3 teaspoons kosher salt

1 yellow onion, peeled and thinly sliced

1/4 cup apple cider vinegar

1/4 cup maple syrup or agave

4 slices country bread, 1-inch thick

1/2 cup ricotta cheese

Coarse salt

4 tablespoons chopped mint

Preheat oven to 450°. Line a rimmed baking sheet with parchment paper or a silicone mat.

Combine the squash, 1/4 cup olive oil, chili flakes and 2 teaspoons of salt in a bowl and toss well.

Transfer the mixture to the prepared baking sheet and cook, stirring every few minutes, until tender and slightly colored, about 15 minutes or a little longer. Remove from the oven.

Meanwhile, heat another 1/4 cup olive oil in a skillet over medium-high heat. Add the onions and remaining teaspoon salt and cook, stirring frequently, until the onions are well softened and starting to brown, about 15 minutes. Add the vinegar and syrup, stir and continue cooking until the liquid is syrupy and the onions are broken down, about 15 minutes. The mixture should be jammy.

Combine the squash and onions in a bowl and smash with a fork until combined. Taste for seasoning.

Add the remaining oil to a skillet over medium-high heat. Add bread and cook until just golden on both sides, about 10 minutes total; drain on paper towels.

Spread cheese on toasts, and then top with the squash-onion mixture. Sprinkle with coarse salt and garnish with mint. Drizzle with olive oil.

Kuri (or Pumpkin) Soup with Ancho and Apple

1 medium (3 pound) kuri squash or sugar pumpkin

2 Tablespoons butter

1 medium onion, sliced 1/4-inch thick

1 dried ancho chile, stemmed, seeded and torn into flat pieces

1 medium apple, cored, peeled and roughly chopped

1/2 teaspoon black pepper

1/2 teaspoon cinnamon

4 cups water (or chicken or vegetable stock)

Salt

Sugar

Peel the squash or pumpkin, chop off the stem end and cut it in half lengthwise, slicing through the cavity that holds the seeds. Wrap and refrigerate half for another use; from the other half, scoop out the seeds and pull off the stringy fibers that entangle them. Scoop the seeds into a small bowl (you should have about 1/4 cup) and chop the squash or pumpkin into roughly 1-inch pieces (you should have about 3 cups).

Melt the butter in a medium (3-quart) saucepan set over medium heat. Add the seeds and onion, and cook, stirring frequently, until the onions are richly golden and the seeds have started to brown, about 10 minutes. Add the chile pieces and cook, stirring, for a minute or two, until they are fragrant and lightly toasted. Add the squash (or pumpkin), apple, pepper, cinnamon and water. Bring to a boil, then reduce the heat and let the mixture simmer until everything is very tender, about 30 minutes. Ladle into a blender, loosely cover and blend until completely smooth. (Don't fill the blender more than half full. Blend in batches if necessary) Set a medium-mesh strainer over the pot and pass the soup through. Season with salt (usually about 1 teaspoon) and a little sugar (1/2 teaspoon or so brings out the flavor of the apple). Rewarm and serve warm in warm bowls.

Serves 4



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One Pot Butternut Squash Alfredo

3 cups diced butternut squash (about half a squash)
1 cup of vegetable stock
4 Tablespoons butter
One small onion (1 cup diced)
1 Tablespoon chopped rosemary, plus more for top
1 Tablespoon chopped sage
4 cups milk, divided
1 cup grated Parmesan plus more for top
2 Tablespoons brown sugar
1/4 teaspoon ground nutmeg
Salt and pepper (to taste)
2 cups water
1–16 oz. package fettuccini pasta
Cayenne pepper (optional, for top)

Melt 4 Tbsp. of butter. Add 1 cup of diced onion, rosemary and sage. Cook for 3 minutes on medium heat until onions soften. Then cook on medium-high heat until the butter begins to brown (be careful not to burn it). Add in 3 cups of diced butternut squash and vegetable stock, stir, then cover and cook for 15 minutes (until butternut squash is softened).

Uncover and mash with a potato masher until you've squished all the squash. Add 2 cups milk and stir. Then, add 1 cup of parmesan and stir. Add brown sugar, nutmeg, and salt and pepper to taste and stir until well blended.

Break fettuccini noodles in half and place in the sauce. Carefully cover the noodles with sauce. Then, pour in remaining 2 more cups of milk and 2 cups of water and stir. (Add more water, if needed, to smooth out the sauce.) Stir the pasta continuously (to make sure it doesn't burn on the bottom of the pot) and cook for 15-20 minutes (or until pasta has reached desired texture).

Top off with salt and pepper, parmesan cheese, rosemary garnish, and cayenne pepper (if you'd like a little extra spice). Enjoy!

NOTE: You can cook the pasta separately if desired. If you do, eliminate the 2 cups milk and water.

Just stir together the cooked pasta with the sauce in the pan and add the additional rosemary, parmesan and cayenne.

Roasted Acorn Squash with Chile Vinaigrette

2 (1 1/2 - to 1 3/4-lb) acorn squash
1/2 teaspoon black pepper
1 teaspoon salt
6 tablespoons olive oil
1 garlic clove
1 1/2 tablespoons fresh lime juice, or to taste
1 to 2 teaspoons finely chopped fresh hot red chile, including seeds
2 tablespoons chopped fresh cilantro

Put oven racks in upper and lower thirds of oven and preheat oven to 450°. Halve squash lengthwise, then cut off and discard stem ends. Scoop out seeds and cut squash lengthwise into 3/4-inch-wide wedges. Toss squash with black pepper, 3/4 teaspoon salt, and 2 tablespoons oil in a bowl, then arrange, cut sides down, in 2 large shallow baking pans. Roast squash, switching position of pans halfway through roasting, until squash is tender and undersides of wedges are golden brown, 25 to 35 minutes.

While squash roasts, mince garlic and mash to a paste with remaining 1/4 teaspoon salt. Transfer paste to a small bowl and whisk in lime juice, chile (to taste), cilantro, and remaining 1/4 cup oil until combined. Transfer squash, browned sides up, to a platter and drizzle with vinaigrette.

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