

Ways to Cook Winter Squash:

Step 1

Cut Winter Squash in half and scoop out the seeds and stringy flesh before cooking and faced down in a glass Pyrex filled with water half line and cook for 45 mins at 400 deg or until soft

Step 2

Roast Winter squash halves or pieces without peeling, in a 400 degree oven for 40 to 50 minutes or until tender. Serve with butter, or maple syrup. Try butter mixed with cinnamon and red chili for a change of pace.

Step 3

Scoop the roasted squash out of the peels and mash with butter milk or cream. Add some cinnamon, nutmeg or syrup. You can top with Gruyere cheese if desired

Step 4

Peel the squash with a vegetable peeler and cut in to cube chunks. Roast chunks on a baking sheet with onion wedges and drizzle olive oil on chunks for 35-45 mins or until tender. Toss with chopped sage and parsley

Step 5

Boil Squash chunks for 5-15 mins, depending on size – Mash or use in recipes

Step 6

Fry Peeled squash slices in a mixture of butter and oil, or in olive oil, over medium heat until golden brown and tender on both sides. Bread the slices lightly with cornmeal if you like

You can use the following squashes for the above ideas...

Gold Acorn* Gold Hubbard* Stippetti* Amber Cup* Delicata* Carnival Squash* Swan
White Acorn* Butternut* Spaghetti Squash* Blue Kuri* Gold Nugget Squash* Pumpkin