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Recipes For Acorn Squash Are Avoidable With Basic Cooking Methods.

Acorn Squash are plentiful this time of year, but avoided by most shoppers because the large, heavy, ugly, tough orb is intimidating. Where would I begin to know how to cook that thing? people ask themselves. Even if they're brave enough to buy it, they now need to search for recipes for acorn squash. That takes time. That takes effort. It's not fun.

However, you can avoid searching for recipes for acorn squash if you employ a little basic cooking methods skill. You can write your own recipes! Acorn squash is a tough nut to crack, so some basic knife skills are in order to remove the waxy outer skin. With a serrated slicing knife, I first remove the top and bottom of the squash. Then, carving around the contour, I remove all the skin, revealing the bright yellow/orange color of the flesh. Cut it in half, remove the seeds, and cut into cubes for the beginning of our own recipe for acorn squash.

Roasting (or baking) is a basic cooking method that uses hot air to transfer heat to food. This is called a dry convective



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cooking process. The only problem with cooking with dry air is that it dries out the product your cooking. Moisture evaporates in a hot oven, giving you dry results.

We'll add moisture to our own recipe for acorn squash by creating a simple white sauce. Having combined butter and flour to create roux, I added milk and goat cheese to create a creamy, cheesy, bright white sauce. Once we coat our cubed acorn squash in the white sauce, it will help retain moisture through the long, dry cooking process.

Your recipe for acorn squash doesn't have to include a white sauce you've created. Condensed soups work very well in helping keep your foods from drying out in the oven. This is a quick and easy way to create a flavorful recipe for acorn squash without much cooking knowledge at all.

Chopped walnuts are a Fall flavor that would compliment this dish, so I've chosen to include them in my creation. Once spooned into a casserole dish and topped with bread crumbs or shredded cheese, we've created our own recipe for acorn squash an Acorn Squash Gratin.

You can use this very same method to create any recipe you desire, using any products you desire. Don't avoid the fresh ingredients of Fall because you'd have to search for written instructions. Once you think about HOW you'll cook the item,



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you'll be creating your own recipes for acorn squash using these suggestions.

See the recipe for acorn squash video.

Author Box:

Chef Todd Mohr has freed thousands of people from the frustration of written recipes with his online cooking classes. The Chefs cooking DVD series Burn Your Recipes empowers people to cook with basic methods and the ingredients they desire.