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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.

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## Butternut Squash Recipes

Butternut squash is a type of winter squash having a sweet, nutty flavor like the taste of a pumpkin. It is a big oblong-shaped vegetable which grows on a vine. It is made of orange fleshy pulp that is contained by yellow skin. When it is ripe, it becomes orange – the riper it gets, the deeper the orange colour and it becomes sweeter and richer in flavor. The seeds can also be consumed whether raw or roasted. In Australia and New Zealand, the butternut squash is known as Butternut pumpkin.

Butternut squash can be used to make many delicious meals. It

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can be used in the following ways:

Roasted

Pureed and used to prepare soups

Grilled

To prepare casseroles

To prepare bread and muffins

Here are a few ideas of meals that can be made with butternut squash.

#### #1 – BUTTER NUT CASSEROLE

The first thing to do is to cook a butternut squash.

Ingredients:

3 cups cooked butternut squash, pureed and drained

1/2 cup white sugar

1/4 melted butter

8 ounces crushed pineapple with the juice

1 teaspoon ground cinnamon

1 teaspoon vanilla

1/8 teaspoon ground nutmeg

1/3 cup chopped walnuts (pecans can also be used)

Tools:



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Casserole dish

Bowl

Directions:

1. Preheat oven to 325F
2. Use butter to grease a casserole dish and place it aside.
3. Combine the mashed butternut squash, sugar, liquefied butter, mashed pineapple, cinnamon, vanilla and nutmeg together in a bowl.
4. Combine well and pour into the greased casserole dish.
5. Scatter the walnuts on top.
6. Put in the oven and bake for about 45 minutes.

## #2 – BUTTER NUT SQUASH PUDDING

Ingredients:

- 1.5 cups butter nut squash cooked and mashed
- 2 eggs
- 14 ounces evaporated milk
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon salt
- 1 teaspoon vanilla

Tools:





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Whisk

Mixing bowl

1.5 quart baking tin

Directions:

1. Preheat oven to 325F.
2. Crack eggs and pour into mixing bowl. Use the whisk and whisk the eggs until well blended.
3. Add the squash and beat the mixture until smooth.
4. Add the remaining ingredients and mix thoroughly.
5. Pour the mixture into the baking tin and put in the oven. Bake for approximately 45 minutes or until a skewer is inserted and comes out clean.

For best outcome, put the baking tin in a larger oven-proof pan with water 1 -2 inches deep.

### #3 – BUTTERNUT SQUASH FRIES

Ingredients:

1 medium-sized butter nut squash

Pinch of salt

1 tablespoon olive oil

Tools:



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Sharp knife  
Foil paper  
Baking sheet

Directions:

1. Preheat oven to 425 degrees.
2. Peel your butternut squash, get rid of the seeds and slice the squash into long strips to make fries.
3. Spread foil paper over a baking sheet and spray with non-stick spray.
4. Fix the slices on the sheet in a single layer.
5. Sprinkle with olive oil and a pinch of salt to taste.
6. Place in the oven and bake for 45 minutes. Fries should be lightly golden, crispy on the outside and moist on the interior. Serve when hot.

The best procedure to bring out the taste is by roasting it. Use a vegetable peeler and remove the skin then cut the squash into cubes. Drizzle with olive oil and season with salt and pepper. Roast on a cookie sheet for about 40 minutes. Serve as a side dish. You can also crush or puree the roasted squash in a food processor and add it to your favourite soup.

Please visit these links for more information on Butternut Squash Recipes and this link for information on How To Cook Butternut Squash



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