



## MACB/DDS Education Series: Creative Cooking Classes

### **“FOCUS on Cooking!!”**

#### Class 3 – **Winter Squash, Three Ways**

#### ➤ **Recipes:**

- **Sweet & Savory Squash Soup** (*a smooth bisque with fantastic flavor*)
- **“Three Sisters” Succotash** (*a tasty traditional Southwestern medley*)
- **Stuffed Squash** (*an amazing entrée or sublime side*)

#### ➤ **S&S Squash Soup**

##### • **Equipment**

- **Soup pot**, large
- **Knife**, large (6” Chef’s)
- **Knife**, paring
- **Cutting board**
- **Spoon**, large, wooden/metal (cooking)
- **Bowls**, medium – just a couple for misc. use
- **Baking sheets**, itty-bitty\* (or a small piece of aluminum foil) \*to roast garlic;
- medium jellyroll (edged)
- **Blender/food processor/immersion blender**

## ● Ingredients

- Oil, vegetable (pref. coconut, refined) – ¼ c
- Cumin, whole seed – 2T
- Mustard, brown, whole seed – 2T
- Garam masala – 1T
- Soy sauce (or Bragg’s Liquid Aminos) – (¼ c)
- Garlic, fresh, roasted – 1 whole head
- Mirepoix [*meer-pwah*] (celery, onion, carrot), small dice – 1 c each
- Ginger root, fresh, finely-minced – 1T (1/2” piece)
- S&P (fresh ground) – 1/2t ea to start (adjust at finish as needed)
- Paprika, smoked – 1t
- Squash, any type of winter variety, peeled/seeded and cubed – 1 whole (4 -6c approx. yield) \*favorite for this recipe: *Butternut*
- Coconut milk, low-fat – 1 12oz can
- Broth/stock, (organic) vegetable– 1 L (box or bouillion)
- Water – (2 qts) \*adjust as needed
- \*optional: plain yogurt, cilantro

## ● Directions

- Roast garlic head in 350° toaster oven until soft, fragrant and browning. Set aside.
- Heat oil in soup pot over medium heat. When hot, add cumin seeds and garam masala to toast briefly until slightly darker and fragrant.
- Add mirepoix to pot and simmer, stirring occasionally, until translucent. Add a splash of soy sauce and simmer for 2 mins.
- Add squash and broth and cook until soft, at least 15 mins. (or bake squash prior and scrape out of skin into the pot.)
- When squash is well-done, reduce heat to low and add coconut milk, garlic, paprika, S&P and 1 qt water. Blend until very smooth.
- Add more water (if necessary) to desired consistency and adjust seasonings. Serve with a drizzle of [thinned] plain yogurt or *crème fraiche* and chopped cilantro.

## ➤ “Three Sisters” Succotash

### ● Equipment

- Bowl, Really Big (RBB) – preferably stainless steel
- Bowls, small, med – a few

- Baking/cookie/jellyroll sheet pans – (2) large
- Baking parchment OR silicone liner
- Knife, large (6" – 10" Chef's)
- Knife, paring
- Vegetable peeler
- Cutting board
- Spatula, large, silicone/heat-resistant
- Spoon, large wooden or metal (mixing)

## ● Ingredients

- Squash, any winter variety, peeled/seeded and cubed – 1 whole (3 - 6c approx. yield)
- Oil, vegetable – 2 – 3 T
- Corn, frozen niblets (or when available, use fresh) – (2 c)
- Beans, dark red kidney, pinto OR black, rinsed– (1) 15 oz. can
- S&P – 1t ea
- Agave syrup – 1T
- Kale, fresh, any type, washed/trimmed and coarsely chopped – 1 bunch
- Scallion, fresh, sliced – a few
- Pumpkin seeds, toasted – (1c)
- \*optional: Cotija or feta cheese, crumbled; Red onion, diced; Bell pepper, red and/or green, diced

## ● Directions

- Preheat oven to 400°. Toss squash cubes with oil, S&P and 1T agave syrup in a Really Big Bowl. Spread out onto large baking sheet in a single layer and bake\* for 30 mins., stir and continue cooking until slightly browning and tender. Set aside.  
\*OR steam in a large pot until tender.
- Toss kale in a big bowl with a splash of oil, s&p and garlic powder and roast on a sheet pan until tender/crisp, about 15 mins. Set aside.
- In a large bowl, combine squash, kale, beans and corn. Adjust seasonings.
- Serve with scallions, pumpkin seeds and crumbled cheese or any garnishes that you like...

## ➤ **Stuffed Squash**

### ● **Equipment**

- **Baking dish/pan**, 8" x 16", glass or metal
- **Knife**, paring
- **Knife**, large (6" – 10" Chef's)
- **Cutting board**
- **Bowl**, large
- **Saucepan**, medium (3 qt)
- **Bowls**, medium – a few
- **Baking sheet pan** (a.k.a. cookie sheet)
- **Fork**
- **Spoon**, large mixing
- **Aluminum foil**
- **Toothpicks**

### ● **Ingredients**

- **Squash** (your choice of orange-fleshed varieties) - either 1 large or multiple small, halved
  - **Rice\***, (any type; I prefer a mix of long-grain brown mixed with wild) 2 cups dry total
  - **Broth**, veggie – 1 L box or bouillion equivalent
  - **Mirepoix** [*meer-pwah*] (celery, onion, carrot), small dice – 1/2 c each
  - **Mushrooms, white or brown**, finely chopped - 1 cup
  - **Seasonings**, [rubbed] sage, thyme, marjoram, savory - (1/2 tsp. of each)
  - **Spinach (or Chard)**, fresh, coarsely chopped - 1 sm. bunch (or a small bag or a small amount of frozen chopped)
  - **Sausage, vegetarian\***, (I like an Apple-Sage flavor for this use), diced, 2 cups cooked (usually 2-3 links, depending on brand/size)
  - **Cranberries**, dried, soaked in h20 – ½ c
  - **Apple**, Granny Smith - 1 whole, diced and tossed with a bit of lemon juice
  - **Breadcrumbs**, Italian seasoned
  - **Garnishes**, (optional): crumbled or shredded cheese (blue, goat, gouda), fresh parsley
- \*try using other grains: barley, farro, quinoa

### ● **Directions**

- Pre-heat oven to 350° and line or spray a baking sheet.
- Cook squash: rub flesh with [high-temp] veg oil and S&P and roast face-down on the baking sheet until tender. Set aside.
- Cook rice(s) with veg stock or broth and set aside.
- Cook sausage in a skillet until browned and crisp. Set aside.
- Cook mirepoix in large pan with butter or [high-temp] oil until translucent, then add

mushrooms and seasonings and a generous splash of tamari or Bragg's Liquid Aminos and sauté until browned. Add spinach, toss and cover until wilted and set aside.

Assemble:

- Scoop most of the squash into a **large bowl**, leaving about a half inch inside the skin.
- Combine all ingredients with squash *except breadcrumbs* and mix gently.
- Fill squash halves and top with a dusting of breadcrumbs.
- Place in a covered **baking dish** and bake for 30 mins.
- Uncover and sprinkle with cheese if desired and bake (uncovered) until melted and slightly browned.
- Garnish, serve and ENJOY!!