

The Food Action Committee's "35 Things to Do With Squash"

*~ In celebration of the Ecology Action Centre's 35th Anniversary
(2006) ~*

Our Objectives

To increase individual and collective food access and self-reliance in Nova Scotia

Specifically we aim:

- 1) to promote the social, economic, and environmental benefits of locally-produced food; and
- 2) to promote socially, economically, and environmentally sustainable ways of growing, processing, and distributing food.

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APPETIZERS

Apple-Filled Acorn Squash Rings with Curry Butter

From Home Grown Organics

Though not a traditional Thanksgiving spice, curry powder lends a wonderful and subtle flavor to this lovely side dish.

6 tablespoons (3/4 stick) butter
1 large onion, chopped
1-1/2 tablespoons curry powder
2 Granny Smith apples, peeled, cored, diced (about 2 1/3 cups)
2/3 cup apple juice
1/2 cup dried currants
8 1-inch-thick unpeeled acorn squash rings

Melt 1 tablespoon butter in heavy large skillet over medium heat.
Add onion and sauté until tender, about 12 minutes.
Add 1 tablespoon curry powder; stir 1 minute.
Add apples, apple juice, and currants.
Sauté until liquid evaporates, about 6 minutes.
Season filling to taste with salt and pepper. (Can be made 1 day ahead. Cover and refrigerate.)

Preheat oven to 350 deg. F.
Melt 5 tablespoons butter in small skillet over medium heat.
Add 1/2 tablespoon curry powder; stir until fragrant, about 1 minute.
Transfer curry butter to bowl.
Brush 2 large rimmed baking sheets with some curry butter.
Arrange squash in single layer on sheets.
Sprinkle with salt and pepper.
Scoop filling into center of rings.
Drizzle remaining curry butter over squash and filling (mostly on squash).
Cover with foil. Bake squash rings until squash is tender when pierced with skewer, about 40 minutes.
Using spatula, transfer squash rings with filling to plates.

Seared Jumbo Ocean Scallops in a Sweet Dumpling Squash with Lemon Curry Butter

Vegetarians and Vegans can easily replace the scallops with tempeh for an equally victorious meal.

8 -10 dry pack ocean scallops
olive oil
sea salt
fresh black pepper
2 sweet dumpling squash
1 tsp. butter
2 tsp. brown sugar
1 shallot
1/2 tsp. madras curry powder
1/2 fresh lemon juice
1/4 lbs. butter

Heat the 2 tbsp of olive oil in a cast iron skillet or a sauté' pan till hot. Season the scallops with salt and pepper. Sear them in the hot oil approximately two minutes on each side and set aside.

Cut the top off the squash and clean out the seeds. Place in a roasting pan with the open end on pan-side with 1/2 inch of water in pan. Roast at 350F until the squash is tender to the touch (approx. 1 hour). Chop shallot fine and sauté in 1/2 tsp of olive oil until translucent. Add the curry and cook for two minutes. Add the lemon juice and reduce its volume to half. Add to softened butter. To serve, place 1/2 tsp. of butter in each squash and place in a 350F oven till warm and butter is melted. Place heavy cream in a pan and heat to a simmer. Take off heat and swirl in butter. Place cooked scallops in the squash and pour curry butter in. Add your favorite steamed vegetables to the squash to help round out the meal and garnish.

Pumpkin Dip

Reference: Simply in Season (p. 224)

Yields 2 cups

12 ounces cream cheese, softened or 1 ½ cups yogurt cheese

1 cup brown sugar

1 cup pumpkin, cooked and pureed

4 tsp maple syrup

1 tsp ground cinnamon

Beat the cream cheese / yogurt, brown sugar until well blended.

Add pumpkin, maple syrup, ground cinnamon and beat until smooth.

SOUPS AND SALADS

Avil- A South Indian Hot Spicy Vegetable Salad

From Sylvia Mangalam's Family Cook Book

2 pounds mixed in season vegetables

Carrots, squash, turnip, beans, mushrooms, cucumber, okra.

Almost any vegetables can be used in Avil.

They should be cut in long strips, about 2"x3"x3

Crisp cook, but leave some vegetables to add raw at the end.

The proportion of cooked to raw should be about 3:1 (cooked:raw)

- 2 chillies to taste (I use hot)
- Salt to taste
- 1 level teaspoon turmeric
- 1 cubic inch fresh grated ginger, or chopped fine
- 1 heaping teaspoon crushed cumin seed
- 1 medium onion, chopped

Cook all of the above together. Do not overcook, use minimal water, just enough in the bottom of the pot to keep from burning.

- 2 tablespoons coconut cream
- 2 cup grated coconut
- 10-15 already-fried curry leaves
- 2 cups plain yogurt
- reserved raw vegetables

Dissolved the coconut cream in a little boiling water drained from the vegetables

Add with the curry leaves, coconut, and the raw vegetables.

Stir and warm pot slightly. Then remove the pot from heat and add yogurt, mix all ingredients together and serve.

Winter Salad

From Sylvia Mangalam's Family Cook Book

1/4-1/2 large yellow swede or rutabaga
1/2 buttercup squash
1 cup cooked green lentils (about 1/2 cup dry).

Grate the swede. Cut the squash into 1/2" cubes, steam rapidly for three minutes. Cook the lentils in water to cover plus 2", for about 30 minutes. Drain. Combine ingredients in a serving bowl.

Dressing:

2 TBL olive oil
1 TBL fresh thyme
1 TBL Marjoram
1 TBL Honey
2 TBL raspberry vinegar
1/2 onion

Finely chop the onion. Mix with dressing ingredients and pour on the vegetables. Let sit for approximately 30 minutes before serving. This is to allow the flavours to blend.

Golden Vegetable Soup

From Sylvia Mangalam's Family Cook Book

- 2 quarts vegetable stock*
- 5 medium onions
- 1 lb. mushrooms
- 3 carrots
- 2 medium or large buttercup squash
- 1 yellow summer squash
- 1 pinch saffron
- 2 teaspoons salt
- 2 jalapeno pepper
- 3 ears corn
- 2 cup whipping cream
- 2 tablespoons butter

Put stock in a large pot over medium heat.

Slice the onions, chop the mushrooms and grate the carrots.

Fry butter in a separate pan until brown. Put to one side.

Grate the summer squash and fry in same pan until brown bits appear, put to one side.

Cube the buttercup squash. Put two cups stock in the pan and add the cubed buttercup squash and cook until soft, about ten minutes.

Then put onions, mushrooms, carrots and cooked buttercup squash including the stock in a blender with the salt, saffron and pepper, purée.

Return to stock pot and add the grated squash and corn kernels scraped from the ears. Simmer one minute and add the whipping cream just before serving.

*Vegetable stock. Use any vegetable except for broccoli, cabbage, brussels sprouts or kale, these would be too strong a flavour for this soup. Vegetable water saved up is a good source of vegetable stock. Also, water from boiled scrubbed vegetable peelings; or from squash, carrots, parsnips and potatoes.

Squash Soup

From Sylvia Mangalam's Family Cook Book

- 1 whole, washed, seeded buttercup squash
- 2 quarts or litres vegetable stock
- 2 apples, washed quartered, seeded
- 2 onions
- 2 tablespoons butter or oil
- 1 tablespoon curry powder
- 1 cup cooked soybeans*
- 2 cup peanut butter, preferably not hydrogenated
- milk or cream if desired
- garlic if desired
- salt to taste

Leaving skin on, cut up squash to chunks at most 3 inches in any dimension.

Cook the squash and apple in one quart of the stock until soft.

While the squash is cooking, chop the onions and fry them in the butter until translucent. Add garlic at this stage and cook until the onions are slightly browned.

Briefly fry the curry powder just before turning off the fire.

Add to cooked squash.

Put squash, apples, onions, garlic in the food processor, and process until a purée is achieved. You may have to do this in two batches.

In the last batch, which should be hot, add the peanut butter. This will disperse it enough to mix in with everything else.

Return everything to the main pot with the other quart of stock.

Mix, taste for salt, and add milk or cream if desired.

Option: Use chicken stock in place of vegetable.

Buttercup Squash Soup

From Rob Teale (well, technically from his wife☺ !)

5 cups of vegetable stock
1 Tablespoon olive oil
1 medium yellow onion thinly sliced (about 2.5 cups)
1/2 teaspoon sea salt
White Pepper to taste (about a teaspoon)
2 Tablespoons Calvados (Distilled cider found at a liquor store)

In a soup pot sauté the onions with the oil, salt and pepper for 15 mins adding a little stock as needed (keep moist).
Then Add the Calvados and cook for another 1-2 mins until the pan is almost dry.

Then add:

6 full cups of cooked mashed squash - (to cook squash- Add just enough stock [about 3 cups] to cover the squash and cook over medium heat for 20-30 mins.)
½ teaspoon salt

Combine squash and salt with the caramelized onions.
Puree in a blender and return to pot on low-medium heat for 30 mins.
Add rest stock if needed. I like it thick.
While the soup is cooking you can make the confit.

Apple Confit

1 tablespoon butter
2 McIntosh apples
1/2 cup apple juice
1 tablespoon Calvados

Core, peel and then sauté the apples in the butter until heated through.
Add the Calvados and cook for 1-2 mins or until the pan is dry.
Add the apple juice and cook covered over medium heat for 15-20 mins.
Cook uncovered for 8-10 mins to reduce the liquid.
Mash the apples a little for desired texture.

My wife likes to add sour cream and parmesan cheese as well as the confit on top of the soup in each individual bowl just before we eat.

Autumn Gold Squash Soup

Reference : Sunday at Moosewood Restaurant (p. 483)

Serves 6 to 8

1 medium to large butternut squash
(about 2 cups cooked pulp)

1 large Spanish onion, chopped (about 3 cups)

2 tablespoons vegetable oil

¼ teaspoon nutmeg

¼ teaspoon cinnamon

¼ teaspoon dry thyme

2 bay leaves

1 medium carrot, diced

2 celery stalks, chopped

1 ½ cups water

1 ½ cups tomato juice

1 cup apple juice

1 cup orange juice

Salt and ground black pepper

Bake or boil the squash:

To bake, halve the squash and scoop out the seeds.

Place the squash halves cut side down on an oiled baking sheet and cover loosely with aluminum foil.

Bake at 350 F until tender, about an hour.

Scoop out the pulp and discard the skin.

To boil, peel the squash, halve it, and scoop out the seeds.

Cut it into chunks and place them into a saucepan with water to cover.

Bring the water to a boil and cook until the squash is tender, about 15 minutes.

Drain and reserve the liquid.

Meanwhile, sauté the chopped onion in the oil with the nutmeg, cinnamon, thyme and bay leaves until the onion is translucent.

Add the diced carrot and celery and the water (if you boiled the squash, use the reserve liquid). Cover and simmer until the carrots are tender.

Remove the bay leaves.

In a blender, or food processor, purée the cooked squash, the onion-carrot mixture, and the juices in batches.

Gently reheat the soup. Add salt and pepper to taste.

Meredith's Curried Squash and Apple Soup

2 medium butternut squash (~4 lbs)
1 medium onion (chopped)
2 or 3 garlic cloves (minced)
½ tsp grated fresh ginger
½ tsp nutmeg
½ tsp garam masala
2 ½ tsp curry powder
4 cups vegetable or chicken stock
3 apples (Gala are good, peeled, cored, and chopped)
4 to 6 shakes cayenne pepper
Salt to taste

Oven roast squash until tender (~30 minutes at 350°).
Meanwhile, sauté (in a big soup pot) onions & garlic in olive oil.
Add curry and nutmeg.
Cook and stir for ~2 minutes.
Sprinkle in salt.
Add 4 cups vegetable/chicken stock.
Scoop soft baked squash in to broth (seeds removed).
Add ginger and apple chunks.
Cook until apple is very tender (20 to 30 minutes).
Purée until smooth.

May be tasty to serve with a dollop of yoghurt and/or sprinkle of fresh chopped cilantro.

Curried Butternut Squash Soup

Pamela Lovelace

3 lbs butternut squash, peeled, seeded and diced into one inch cubes
1 large onion, quartered
approx 30 oz chicken broth
2 garlic cloves, cut up
pinch dill
pinch oregano
1/8 tsp salt
1/8 tsp pepper
1 1/2 tsp curry powder
1 granny smith apple peeled, cored and diced
1/4 cup fat-free or low-fat sour cream
sprigs of dill or scallion for garnish

Preheat oven to 425 degrees

Place squash, onion, garlic in large baking dish. Pour in chicken broth
And add dill, oregano and S&P. Cook uncovered for 1 hour.

Remove from oven and let cool about 15 minutes. Puree in batches. Put
In soup pot. If you like a thinner soup, you can add more chicken broth.

Toast curry powder and apples in small non-stick skillet over low heat
Until tender and fragrant. Be careful not to burn it. Stir into pureed soup
And season to taste.
Garnish with tsp of sour cream and sprig of dill or scallions.

Chive Butternut Bean Soup

Reference: How it All Vegan (p. 60)

Serves 2

- 1 small onion, chopped
- 1-2 stalks celery, chopped
- 1 ½ c butternut squash, peeled & cubed
- 2T olive oil
- 2 c vegetable stalk OR water
- 1c cooked OR canned white kidney beans
- 1T pepper
- ½ t salt
- ¼ c chives, minced

In medium soup pot sauté onions, celery and squash in oil on medium-high heat until onions are translucent;

Add stock, beans, pepper and salt;

Simmer on medium-low heat for 15 minutes.

Remove from heat and take half of soup and blend in blender or food processor until smooth.

Return to hot, stir in chives.

Butternut Squash Soup with Ginger

From Home Grown Organics

This recipe is absolutely perfect for the midwinter blues. Nothing could be more nourishing on a cold winter day. Serve with toasted Cheddar Cheese and Herb bread from the LaHave bakery for the perfect lunch.

1 Butternut Squash
1-2 cooking onions
2-4 cloves of garlic
1 chili pepper (optional)
1 small piece of ginger (Use with caution)
1 teaspoon of vegetable stock
1/2 cup of blending cream
Dash of nutmeg & cinnamon
Hint of maple syrup
Salt & pepper (to taste)
Garnish with Fresh Basil and Cilantro

1. Peel the butternuts squash and cut in half and remove the seeds from inside. (You can save the seeds for planting in the spring). Cut the squash into 3/4" cubes.
2. Put the cubes in a pot of boiling water, such that the amount of water in the pot reaches the top of the squash cubes. It is important not to put too much water in the pot, because you would like to avoid draining valuable nutrients if possible. Add vegetable stock.
3. At the same time as the squash cubes are boiling, chop the onions finely and fry in cooking oil with garlic and ginger. Add one chili pepper for spice if so desired.
4. Once the squash cubes are tender, add the onion/garlic/ginger mixture to the pot. Using a handheld blender blend everything together. The consistency of the soup should be only slightly watery.
5. Using a hand-held mixer, blend the soup directly in the pot. You may also use a blender or a food processor to blend the soup. The alternative to this is chunky soup, if so desired. Consistency is key.
6. After all the ingredients have been blended, pour in blending cream until just the right consistency is achieved. Simmer for 10-15 minutes to thicken if necessary. Add some fresh cilantro and fresh basil according to chef's preference along with a dash of cinnamon and nutmeg and a hint of maple syrup. Add salt and pepper to taste.
7. Serve with a sprig of cilantro accompanied by some warm bread.

MAIN DISHES

Baked Squash

Reference: Recipes to Share: a cookbook by members and friends of the Universalist Unitarian Church of Halifax, 1998 (p. 33)

3 lbs. yellow squash
1/2 cup chopped onion
1/2 cup breadcrumbs
2 eggs
1/4 cup butter
1 tbsp. sugar
1 tsp. salt
1/2 tsp. pepper

Wash and cut up squash. Boil until tender, drain thoroughly and then mash.
Add remaining ingredients and put in baking dish.
Melt additional 1/8 cup butter and spread over mixture.
Bake at 350 degrees for 45 minutes or until brown on top.

Squash Boogia

From Sylvia Mangalam's Family Cook Book

A Pakistani Dish which can be used as a side dish, a sauce, or as a spread for breads.

To turn into a main dish:

- add 2 cups cooked soybeans or cooked chick peas
- add 1 pound lean browned chopped beef or lamb together with cooked chick peas

- 5 small flavourful summer squash (~4 pounds)
- 3 tablespoons butter
- 2 pounds tomatoes, skinned
- 3 big onions, chopped
- 1 head garlic, chopped
- 3 hot chili peppers, chopped
- 2 teaspoon fenugreek powder
- 1 tablespoon ground coriander
- 10 white or green cardamom's seeds, crushed
- 1 teaspoon anise, crushed
- 1 teaspoon salt, at least

Slice squash about 3 of an inch thick. Cut the rounds into quarters.

Heat a large nonstick fry pan quite hot. Add a little butter, and some of the squash.

The object is to sear the squash so that it browns slightly, and loses a lot of its water. After you have seared all the squash, leave it in the frypan on a low flame, so it will lose even more water. In the end, this dish should be thick and concentrated.

In another pan, fry the onions and chillies until the onions are golden brown.

Add the garlic, fry the mixture a bit more and push it aside.

Fry the fenugreek, when it has changed colour, add the other spices and give everything a mix. Immediately add the tomatoes, and simmer to reduce them by half.

Then add the squash and simmer until desired thickness is achieved. Add salt to taste.

Curried Vegetables with Tofu

In "Recipes to Share: A cookbook by members and friends of the Universalist Unitarian Church of Halifax", 1998 (p. 59)

2 tbsp. butter
1 tbsp. vegetable oil
1 tsp. each mustard and cumin seeds
1/2 tsp. each turmeric and chili powder
2-3 tsp. curry powder
1 medium onion, chopped
1 garlic clove, minced
1 tsp. fresh ginger, minced
1/2 lb. firm tofu, diced
1/2 lb. zucchini, sliced
1 lb. cauliflower, sliced in flowerets
1/2 lb. yellow squash, diced
1/4 cup peanuts, almonds or sunflower seeds
1/2 cup raisins
1/2 cup water or stock
salt and pepper to taste
1 tbsp. cornstarch
1 cup yoghurt

Heat butter and oil in large heavy-bottomed frying pan, casserole or wok

Add spices, onion, garlic and ginger; sauté until onion is tender
Add tofu; sauté gently for 5 minutes
Add zucchini, cauliflower and squash, cook 5 minutes longer
Add raisins, nuts, water (or stock)

Cover, simmer 5 to 10 minutes
Dissolve cornstarch in 1-1/2 water, stir into vegetables

Cook until vegetables are glazed.
Remove from heat, stir in the yoghurt

Serve at once over hot cooked grains

Elisherri - South Indian Vegetable Bean Stew

From Sylvia Mangalam's Family Cook Book

1 cup aduki beans

Soak the aduki beans for 4 hours, or overnight, in water 12 times their depth.

After soaking, put beans and soak water into a non-stick pot.

If there is too much water after soaking, drain off some and save for topping up.

Simmer until beans are soft, for approximately 45 minutes, in just enough water to prevent burning.

2 cups potato

2 cups winter squash

Chop potato into 2 inch cubes and cook in enough water to prevent burning.

Boil squash for about 1 minute. Squash should be firm.

These three main ingredients should be cooked separately, as each demands a different length of cooking. Combine the above when done. Add:

1 cup chipped coconut (red)

Red chipped coconut: To achieve the red colour, microwave in short cooking bursts, stirring in between, because when it starts changing colour, it turns fast, and might burn.

In a separate pan, fry the following ingredients:

3 cup canola oil

1 tablespoon mustard seed

2-3 hot chillies

20 sliced cloves of garlic

15 curry leaves

2 teaspoons crushed cumin seed

Working quickly, first fry the mustard seed in oil over high heat, in a covered pan, until seeds crack; reduce the heat take off the lid and throw in the chillies and give a stir.

Add the slices of garlic. Be careful, they brown very quickly.

Stir in the curry leaves and crushed cumin.

To prevent them from getting too brown add a little bean soak water.

When it boils, add:

beans, potatoes and squash

2 tablespoons melted coconut cream

To melt the coconut cream, add a little hot bean water and stir until melted.

Mix everything together, including salt to taste and let rest to combine flavours.

Coconut cream is available in health food, Pakistani or Indian stores.

Heat only long enough before serving to make the dish table hot.

Butternut Sage Orzo

Reference: Simply in Season (p. 200)

Serves 4

Use orzo (tiny rice-shape pasta) to achieve a taste similar to risotto without the constant stirring. If using dried sage, add it to the simmering butternut.

1 cup onion, chopped
1 garlic clove, minced
4 cups butternut squash, peeled, seeded and cut into ½ inch
½ cup vegetable or chicken broth
½ cup white wine or additional broth
4 cups water or broth
1 cup orzo
½ cup parmesan cheese
2 tbps fresh sage, chopped or 1 ½ tps dried

In large frying pan sauté over medium heat in one tbps oil until tender, (~6 min).
Add squash, broth, and wine; simmer until squash is almost tender and liquid is absorbed, (~10 min).

While squash cooks bring liquid to a boil in a large saucepan and add the orzo.
Boil until tender but firm to bite, about 8 minutes. Drain.

Transfer in a large bowl and stir in squash mixture.

Add freshly grated parmesan cheese and the fresh sage, stir.
Salt and pepper to taste.

Vegetarian Groundnut Stew

Reference: Simply in Season (p. 207)

Serves 6

2 cups onion, chopped
2-3 cloves, minced
2 cup winter squash, peeled and chopped
2 cup cabbage, chopped
1 tbsps dried chili pepper
3 cups tomato juice
1 cup apple juice
1-2 tsp ginger root, peeled and minced
1-2 cups green beans
½ cup peanut butter

In a large frying pan sauté in 1 tbsps oil until translucent.

Add the squash, cabbage and dried chili, sauté until the flavors are mixed.

Add the juices, ginger and simmer until the squash is tender, about 20 minutes.

Add the beans and simmer 5 minutes more.

Stir in the peanut butter and simmer at very low heat until it is ready to serve.

Serve on top of brown rice or millet with topping : chopped green onions, parsley, cilantro, peaches or other fruit, crushed peanut, flaked coconut.

Ooperi - South Indian Simple Seasoned Vegetables

From Sylvia Mangalam's Family Cook Book

12 pounds vegetables

(Example of vegetables to use: green, yellow, or pole Beans, Cabbage, Carrots, Broccoli, or Summer Squash. Usually only one vegetable is used at a time.)

Cut up vegetable in small pieces.

Steam or boil in minimum amount of water until crisp cooked, drain and save the cooking water for stock if you have to. If you measured and watched carefully, all the water will have boiled away, and the beans will not be burned.

Seasoning:

1-2 tablespoons oil
6 cloves garlic, chopped
12 hot chillies to taste
6 curry leaves
2 tablespoons fresh grated coconut

Fry the chopped garlic in the oil until light brown.

Add the chillies toward the end of frying the garlic.

Add the curry leaves and fry until they change colour.

Turn off the fire, and add the coconut. This will cool down the seasonings.

Add the beans to the seasoning, or visa versa.

There should be no liquid. Other dishes (other curries) and/or yogurt supply the moistness to the meal.

Fragrant Thai Vegetarian Curry

Reference: The Beans, Lentils & Tofu Gourmet (p. 160)

Serves 4-5

- 300g firm tofu
- 2t vegetable oil
- 4t Thai green curry paste
- 1 stalk lemon grass, cut into short lengths
- 1t light brown sugar OR white sugar
- ½ t salt
- 1 can coconut milk
- ½ c vegetable stock
- 2 strips lime peel
- 1 c mushrooms
- 1 c cubed orange-fleshed squash (butternut, acorn, calabasa)
- 10 stalks asparagus, peeled and cut into thirds
- 1 Asian eggplant, halved and cut lengthwise into wide slices
- 1 zucchini, halved and cut lengthwise into wide slices
- 12 Thai basil leaves (or other basil leaves)
- ½ t lime juice
- Coriander sprigs for garnish

Rinse and drain tofu, cut into cubes, set aside.

In saucepan heat oil over medium heat;

Cook curry paste and lemon grass until fragrant.

Stir in sugar and salt;

Gradually stir in coconut milk, stock and lime peel; bring to a boil.

Reduce heat and simmer for 5 minutes.

Stir in tofu and vegetables.

Return to a boil; reduced heat to medium and cook, covered for 10 minutes or until vegetables are tender.

Remove from heat, stir in basil and lime juice.

Serve with rice and garnish with coriander.

Stuffed Spaghetti Squash

Reference: "How it all Vegan" (p.114)

Serves 2-4

- 1 medium spaghetti squash, halved and cored
- 1 medium onion, chopped
- 4-6 medium mushrooms, chopped
- 1 T olive oil
- 1t salt
- 1t pepper
- ½ t cumin
- 1 c cooked or canned lentils
- ½ c bread crumbs

Preheat oven to 350°F.

Lay squash face up on cookie sheet, set aside.

In medium saucepan sauté onions and mushrooms in oil on medium heat until onions are translucent.

Add spices and breadcrumbs and cook 3 minutes more.

Spoon the stuffing into each half of squash and bake in oven for 30 minutes or until squash can be pierced easily with a fork.

Pacchadi – South Indian Vegetable Curry

From Sylvia Mangalam's Family Cook Book

- 2 pounds mixed vegetables and fruits
- 2 tablespoons butter or oil
- 1 heaped teaspoon mustard seed
- 2 - 3 green chillies
- 2 teaspoon cumin seed, ground
- 2 teaspoon turmeric powder
- 8 oz. plain yogurt
- 8 fried curry leaves
- 2 of a fresh coconut, grated

Cut vegetables in small strips or pieces, boil until just crisp-done, drain and reserve the cooking water for stock.

Heat the oil in a covered frying pan, add the mustard seed and cook over a high heat until it pops, take off cover, turn down the heat and quickly add the chillies and stir.

Add cumin, and the tumeric, stir these until brown.

Add the coconut and vegetables, stir.

Add the yogurt and warm gently. Do not boil.

Lastly add fried curry leaves and let rest 5 to 10 minutes before serving.

These suggested vegetables and fruits may be mixed or used separately:

Squash, cucumber, ripe pineapple or mango, cut into slices or pieces, about 1x 2 x3

Tofu Squash Medley

Home Grown Organics

Wondering how to use up some of the squash from your food box? Give this one a try. It's the perfect fall/winter dish with an abundance of flavour to warm the heart.

4 cups onions, sliced
2 large cloves garlic, crushed
3 tablespoons butter or oil
5 cups cubed butternut squash (approx. 1 large)
1 cup uncooked lentils
2 cup tomatoes and juice (canned)
1 lb firm tofu
4 tablespoons tamari
1 ½ teaspoon curry powder
2 teaspoon oregano

Saute onions and garlic in butter or oil until translucent. Add remaining ingredients, and cook, covered, on medium heat stirring often, until squash is cooked.

Addictive Squash Burritos

From Johanna Nesbitt

1 tablespoon vegetable oil
1 onion, chopped
4 cloves garlic, minced
6 cups canned kidney beans (or black beans), drained
2 cups water
2 tablespoons chili powder
2 teaspoons ground cumin
4 teaspoons prepared mustard
1 pinch cayenne pepper, or to taste
3 tablespoons soy sauce
4 cups cooked and mashed squash (the sweeter the better!)
12 (10 inch) flour tortillas, warmed
8 ounces shredded Cheddar cheese
Salsa (if desired)

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium skillet, and saute onion and garlic until soft. Stir in beans, and mash. Gradually stir in water, and heat until warm. Remove from heat, and stir in the chili powder, cumin, mustard, cayenne pepper and soy sauce.

Divide bean mixture and mashed squash evenly between the warm flour tortillas. Fold up tortillas burrito style, and place on a baking sheet. Top with cheese and (homemade) salsa.

Bake for 12 minutes in the preheated oven, and serve (with sour cream).

Butternut Harvest Stew

Reference: Simply in Season (p. 187)

2 tbs butter
1 ½ pound boneless pork, cut in ¾ inch cubes 4 - 6
1 medium onion, chopped
2 clove of garlic, minced
3 cups chicken broth
¾ tsp salt
¼ tsp dried rosemary
¼ tsp ground sage
1 bay leaf
1 medium butternut squash, peeled and chopped
2 medium apples, peeled if desired and chopped

Melt butter in a large sauce pan, add pork onion, and cloves and saute until the meat is no longer pink, drain off the fat.

Add the chicken broth, salt and herbs.

Cover and let simmer 20 minutes.

Add the squash, apple and simmer uncovered until squash and apple are tender, 20 minutes.

Discard bay leaf.

Squash Pancakes

From Sylvia Mangalam's Family Cook Book

These are similar to German Potato Pancakes, except squash is used. The very best "summer" squash is a very immature winter squash at the end of the growing season. I use crookneck.

2 onions

1 head garlic

6 eggs

1 tsp salt

Pinch of black pepper

Fresh or dried herbs of your choice:

parsley, sage, marjoram, basil, oregano, rosemary. (choose two or three)

Put the above ingredients in a food processor and process until smooth. If you do not have a food processor, grate the onions and garlic and beat in the eggs.

2 pounds of summer squash- grate squash so you get long thin stringy strips not a mush.

Blend squash into the eggs mix with :

1 cup whole wheat flour

What is wanted is a fairly thick batter that you will have to smooth out in the pan. Ladle onto a preheated griddle (moderate heat), flatten to not more the 1/4" thick.

Flip only when the middle is set. What is wanted is a rather custardy inside between 2 layers of crispy outside. These are really very good, especially with cheese and sliced tomato.

These can be refrigerated or frozen and reheated. They will never crisp again, but they are still very good layered with cheese and baked. In this form. They can be a main dish of another sort.

SWEETS

Pumpkin Pie

This recipe comes from Nancy Wright, she claims it is "THE world class pumpkin pie." Try it and see for your self!

1 ¼ c. brown sugar (packed)	1 ½ tsp. nutmeg
¾ tsp. Salt	3 eggs, slightly beaten
1 ½ Tbsp flour	2 ⅔ c. pumpkin
2 tsp. Cinnamon	1 ½ c milk (can be soya)
¼ tsp. Ginger	¾ c cream or evaporated milk (I use skim evap.)
¾ tsp. Cloves	plain pastry

Mix first 7 ingredients. Stir in eggs.

Add pumpkin taking care that mixture is well blended.

Stir in milks.

Pour into two 8" (or 1 large deep dish) pie pan lined with unbaked pastry.

Bake in very hot oven (450°) for 20 minutes then reduce to 350° and continue baking at least 25 minutes longer or until firm and crust is well browned.

(test centre with a knife – when it comes out clean it is set)

You can flame Metaxis Brandy over the top for a festive display and of course pile high with real whipped cream when serving.

Autumn Crumble

Reference: Dietitians of Canada's Cook Book.

A great variation on the typical fruit crisp, can be a dessert of a side dish...loaded with fibre and antioxidants!

2 c mashed cooked acorn squash (1 large)
1/3 c packed brown sugar
1/4 c whole wheat flour
1 egg
1 T milk
1 t vanilla
1 t cinnamon
1 t nutmeg
1/4 t ground cloves

large apples, peeled and chopped

1 large carrot, grated

1/2 c raisins

Crumble Topping:

1/2 c quick cooking rolled oats

1/4 c wheat bran

1/4 c packed brown sugar

2 T whole wheat flour

2 T soft butter

1 t cinnamon

Blend first 9 ingredients

Stir in apples, carrot and raisins.

Spread in greased 8 inch square baking pan

Combine Crumble Topping ingredients and sprinkle over

Bake in preheated oven (350 °F) for 30-35 min

Squash and Cottage Cheese Pie

Reference: Sunday at Moosewood Restaurant (p. 497)

Serves 6

Crust

1 cup unbleached white flour
(up to ½ cup whole wheat flour may be substituted)
1/3 cup chilled butter
2 tablespoons ice water
½ teaspoon salt

Filling

2 cups puréed butternut squash pulp
1 cup cottage cheese
¾ teaspoon powder ginger
1 teaspoon cinnamon
1 teaspoon salt (or to taste)
¼ cup sour cream
2 eggs
½ cup milk
1 tablespoon dry sherry
½ - 2/3 cup of honey

To make the crust, sift the flour into a mixing bowl.

Cut the butter using a pastry cutter or your fingertips until the mixture resemble a coarse meal.

Sprinkle the ice water over the flour, a little at a time, as you turn the dough with a wooden spoon until a ball of dough forms.

Add a little more ice water if the dough fail to come together.

Chill the dough until firm for about 45 minutes or roll it out immediately on a lightly floured board.

Place the dough in a 9-inch pie pan and crimp the edges.

To prepare fresh squash, peel and seed a medium butternut squash.

Cut it into cubes.

In a saucepan, cook the squash in about a inch of water, covered, until tender.

Drain the squash, mash it lightly, and allow it to cool for a few minutes.

Preheat the oven to 450 F

Using a blender or food processor, purée all the ingredients until smooth.

Pour the filling into the pie shell and bake for 10 minutes.

Lower heat to 350 F and continue to bake for 30 to 40 minutes, until the pie is set.

Nutty Pumpkin bread

Reference: Simply in Season (p. 178)

1 ½ cups flour
1 ½ cups whole wheat flour
1 cup wheat germ
1 cup sugar
1 cup brown sugar
2 teaspoons baking soda
1 ½ teaspoons salt
2 teaspoons ground cinnamon
½ teaspoon each ground ginger, nutmeg, clove
2 ½ cups pumpkin or winter squash, cooked and puréed
4 eggs, lightly beaten
½ cup oil
½ cup pecans or other nuts, chopped
1 cup raisins or dates, chopped

Mix together in a large bowl the flours, sugar, baking soda and spices and make a well.

Add the rest of the ingredients into the well and mix just until all of the dry ingredients are moistened.

Pour batter into two greased 9 x 5 inch / 2 liters loaf pans.

Bake in a preheated oven at 350 F until toothpick inserted in center of loaves comes out clean, (~50 minutes).

Cool in the pan on a wire rack for 10 minutes.

Loosen edges and turn the loaf out onto the rack to cool completely before slicing.

Pumpkin Chocolate Cheesecake

Reference: Simply in Season (p. 218)

Serves 12-16

1 cup graham cracker crumbs
1 tbps brown sugar
1 tbps oil
3 cups low-fat cottage cheese (don't use non-fat)
12 ounces cream cheese, softened
1 ¼ cup sugar
¼ cup cornstarch or arrowroot powder
2 eggs, beaten
2 tsp vanilla
¼ teaspoon salt
1 ½ cups pumpkin, cook and puree
¼ cup brown sugar
¾ tsp ground cinnamon
1/8 teaspoon nutmeg
1/3 cup baking cocoa
1 cup chocolate chips, melted

Combine graham crumbs, brown sugar and oil with a little water and press into a 9 inch spring form pan coated with cooking spray. Set aside.

Puree cottage cheese in blender or food processor.

Add cream cheese, sugar, cornstarch/arrowroot and beat until smooth.

Pour into a bowl. Mix eggs, vanilla and salt and add to batter.

Remove 1 ½ cups batter and set aside.

Add pumpkin, brown sugar, cinnamon, nutmeg to remaining batter.

Add the cocoa, melted chocolate chips to the reserved batter. Stir until thoroughly blended.

Pour pumpkin mixture into crust-lined pan then spoon chocolate mixture on top in small rounds; swirl together with a knife.

Bake in preheated at 325 F until edge of the filling is set, 60 – 65 minutes.

Let cheesecake stand in oven with door closed for 30 minutes.

Remove and cool on rack to room temperature, about 3 hours.

Cover and refrigerate for several hours before serving.

Pumpkin Mousse

Reference: Quick and Easy Soy and Tofu Recipes (p.137)

- 1 c apple juice
- $\frac{3}{4}$ c dark brown sugar
- 1 T unflavoured gelatin (one envelope) OR arrowroot
- 1 lb unseasoned pumpkin puree
- 1 t cinnamon
- $\frac{1}{2}$ t ground cloves
- $\frac{1}{2}$ t ground allspice
- 1 14 oz package firm tofu
- 6 T chopped pecans

Stir together apple juice and sugar in small sauce pan.

Sprinkle gelatin over mixture.

Warm over low heat, stirring until gelatin is completely dissolved. Set aside.

Puree pumpkin, spices and tofu until well combined.

Add gelatin mixture and process until smooth.

Pour into 6 parfait glasses and sprinkle with pecans.

Cover and refrigerate for 3 hours or until firm.

Enjoy!

Winter Squash Bars

Reference: Simply in Season (p. 219)

2 cups winter squash or pumpkin, cooked, pureed

1 ½ cup sugar

¾ cup oil

4 eggs

1 tsp vanilla

½ tsp salt

1 cup flour

1 cup whole wheat flour

2 tsp baking powder

1 tsp baking soda

1 tsp ground cinnamon

Beat together squash, sugar, oil, eggs, vanilla and the salt in mixing bowl.

Mix in the rest of the ingredients.

Pour into a lightly greased 11 x 17 inch jelly roll pan.

Bake in preheated oven at 350 F for 25-30 minutes.

Fruit and Nut Squash

A simple sweet side dish

Serves 2-4

Acorn squash, halved, cleaned & cored

Place halves face up in casserole dish with ¼" water

Add:

Tbsp butter in each half

Handful each of blueberries and walnuts in each half

Drizzle halves with maple syrup

Bake at 350°F for 20-40 min (depending size of squash)