

# The Dreyer Flyer

## Corn

### Freezing Corn

*marlingardener-gardenweb.com*

Our neighbor showed me how to freeze corn on the cob. She cuts off the ends, just so the end of the cob shows: removes perhaps two or three of the outer husks; then packs the cobs in freezer bags. When she cooks them she just puts the frozen cob in boiling water for a little longer than you would fresh. She says the corn tastes like it was just picked.

Personally, I prefer to blanch, cut the corn off the cob, and freeze packets of corn. I can't see taking up all that freezer space with inedible corn cobs-

### Corn loves the grill

The straightforward way is to just throw as many shucked ears as you like over a high flame, but my dad, an engineer, has of course cobbled together a more baroque method that's halfway between grilling and steaming. It's a bit of a pain in the ass, but I love the results: some of the kernels are charred, some are blistered, and most of them are unmarred, letting the glory of the corn's flavor be the star.

About an hour before you aim to serve the corn, remove some (but not all) of its outer husk and pull out as much of the silk as you can. Soak the ears, husk and all, in a clean 5-gallon bucket for 30 minutes. Then put the corn on the grill over a medium fire, close the lid, and cook, turning every 10 minutes or so, for 30 minutes. Shuck the ears (they will be hot, so be careful) and either serve right away or keep covered and warm in a low oven until it's show time.

### Corn also loves the pressure cooker

Most of the time, I don't feel like messing with the grill, so I husk the corn and cook it in my pressure cooker (an 8 or 10-quart model is the best for this). When it's sticky, hot and humid in the kitchen, this speedy method easily trumps contending with a giant pot of boiling water.

Put a steaming rack in the bottom of the cooker, add about a cup of water, and then pile in the husked corn (vertical or horizontal, it does not matter). Bring to high pressure, lower the heat to maintain the pressure, and cook for three minutes for crisper kernels or four minutes for crisp-tender kernels, using the quick release or water release method to bring down the pressure.

I've read that you can even pressure cook the corn with the husk on—the post-cooking husks are easier to remove—though I've not tried it.

### ...And corn even loves the microwave

So maybe you don't have a grill or a pressure cooker, but you probably have a microwave. Surprisingly, it will make fantastic corn on the cob, and is especially well-suited to times when you only want to cook a few ears.

Pop the ears of corn in the microwave, husk and all, and microwave on high power for four to six minutes. That's it!

**Maple-Chipotle Corn** Puree 1 stick softened butter, 2 tablespoons maple syrup and 1 tablespoon sauce from a can of chipotles in adobo. Spread on cooked ears of corn.

**Sweet Curry Corn** Puree 1 stick softened butter with 3 tablespoons mango chutney and 2 teaspoons roasted curry powder. Spread on cooked ears of corn.

**Dill-Caper Corn Mix** 1 stick softened butter with 1/4 cup chopped dill, 2 tablespoons capers and the zest and juice of 1 lemon. Spread on cooked ears of corn.

**Anchovy Corn Mix** 1 stick softened butter with 2 teaspoons anchovy paste. Toast 1/2 cup panko breadcrumbs in 2 tablespoons of the anchovy butter in a skillet. Spread the remaining anchovy butter on cooked ears of corn, then roll in the toasted panko.

**Bacon-Wrapped Corn** Wrap raw ears of corn with 2 pieces bacon each; wrap individually in foil. Grill over medium-high heat, 15 minutes per side.

**Corn with Herb Oil** Warm 1/3 cup olive oil over low heat. Stir in 1/2 cup chopped mixed fresh herbs. Drizzle over cooked ears of corn.

**Buffalo Corn** Whisk 6 tablespoons melted butter and 3 tablespoons Buffalo wing sauce; brush on cooked ears of corn. Sprinkle with crumbled blue cheese, celery salt and chopped scallions.

**Jerk-Salted Corn** Mix 1/2 teaspoon each allspice, nutmeg and minced garlic, 2 teaspoons each red pepper flakes, minced scallions and minced thyme, a pinch each of cloves and cinnamon, and 2 tablespoons kosher salt. Sprinkle on cooked ears of corn.

**Lemon-Pepper Corn** Mix 1/4 cup kosher salt, 2 teaspoons pepper and the zest of 1 lemon. Sprinkle on cooked ears of corn.

**Mexican Corn** Brush grilled ears of corn with mayonnaise; sprinkle with cotija cheese, cayenne pepper and lime juice.

**Oaxaca-Style:** Combine 3 tablespoons crumbled queso fresco with 2 tablespoons chili powder, 1/2 cup sour cream, 1/2 teaspoon kosher salt and 1/4 teaspoon (or more) cayenne pepper. Stir in juice of 1 lime. After the corn is cooked, dollop with mixture and serve with more crumbled cheese on top.

**Maple-Mustard:** Brush corn (after, if boiling; before, if grilling) with olive oil. While cooking, combine 1/4 cup maple syrup, 2 tablespoons Dijon mustard and a pinch of allspice. Spread mixture on hot, cooked corn.

**Barbecue Glazed:** Brush corn with olive oil and grill. Meanwhile, combine 1/4 cup barbecue sauce, 2 tablespoons finely chopped onion, 2 tablespoons honey and 1/4 teaspoon coarse salt. Baste corn with mixture during last three minutes of grilling.

**Olive Oil, Garlic and Parmesan:** In a small bowl, combine 2 grated garlic cloves, 2 tablespoons olive oil and 1 tablespoon fresh lemon juice. Baste hot, cooked corn with mixture and sprinkle with grated Parmesan.

**Chilies and Lime:** Cut corn into 3- to 4-inch lengths and cook. While the corn is cooking, mix 1/2 stick of melted butter plus 2 tablespoons each mayonnaise, sour cream

and lime juice, and 2 teaspoons chili powder and 1/8 teaspoon cayenne pepper to taste in a large bowl. When corn is cooked, toss in mixture. Garnish with lime zest.

**Curry and Pistachios:** Stir 2 tablespoons curry powder into 1 stick of hot melted butter. Drizzle on cooked corn and sprinkle with chopped pistachios.

**Tuscan Blend:** Mix 2 tablespoons of dried Italian herbs, such as McCormick's Perfect Pinch blend of rosemary and sun-dried tomato, with 1 stick of softened butter. Let sit for at least 30 minutes so that the dried herbs rehydrate. Spread over cooked corn.

**Basil-Tomato:** Seed 2 ripe tomatoes and grate, then drain. Discard as much liquid as possible. Mix tomato pulp with 2 tablespoons finely grated Parmesan cheese plus 1 tablespoon of finely chopped fresh basil. Season with salt and spread on cooked corn.

**Cilantro and Sesame:** Mix 1 stick softened butter with 2 teaspoons each toasted sesame seeds and chopped fresh cilantro. Spread on corn and sprinkle with more sesame seeds and kosher salt.

**Tarragon and Lime:** Mix 1 stick softened butter with 2 to 3 tablespoons of minced fresh tarragon and the zest of 1 large lime. Spread on hot, cooked corn.

**Bacon-Cheddar:** Spread mayonnaise on warm corn. Roll in grated cheddar cheese and top with crumbled, cooked bacon.

**Honey-Butter:** Combine 1 stick softened butter with ½ teaspoon kosher salt and 2 tablespoons honey. Spread on hot, cooked corn.

**Parsley and Chives:** Combine 1 stick softened butter with ½ teaspoon kosher salt and 1 tablespoon each (or more, according to taste) of finely chopped fresh parsley and chives. Spread on hot, cooked corn.

**Fruit Chutney:** Mix 1 stick melted butter with 3 tablespoons fruit chutney, like Major Grey's. (You could even use marmalade.) Drizzle over hot, cooked corn.

**Guacamole:** Spread homemade or prepared guacamole over hot, cooked corn. Top with a squeeze of fresh lime.

**Pesto and Parmesan:** You won't need butter or oil when you spread pesto over hot, cooked corn. Sprinkle with grated Parmesan.

**Goat Cheese and Thyme:** Stir together 2 tablespoons softened butter with 2 ounces goat cheese crumbles, 1 tablespoon fresh thyme (or 1 teaspoon dried). Season with freshly ground black pepper and kosher salt. Spread on hot, cooked corn.

**Cinnamon Sugar:** To 1 stick melted butter, add 1 tablespoon each cinnamon and sugar. Drizzle on hot, cooked corn.

**Cumin and Pepper:** Mix 1 stick softened butter with ½ teaspoon of cracked black pepper, 1 teaspoon cumin seeds and coarse sea salt to taste. Spread on hot, cooked corn.

**Garlic and Old Bay:** Blend 1 stick softened butter with 1 minced garlic clove and ½ teaspoon Old Bay seasoning. Spread on cooked corn and sprinkle with more Old Bay and kosher salt.

**Lemon-Pepper:** Incorporate 2 tablespoons of a lemon-pepper blend with 1 stick softened butter and spread over hot, cooked corn. Garnish with lemon zest.

**Jamaican Sweet Corn:** Prepare a mixture of ½ cup mayonnaise, 1½ tablespoons curry powder, 1 teaspoon grated ginger, ¼ teaspoon cayenne pepper, ½ teaspoon ground cinnamon and 1 tablespoon lime juice. Spread mixture on hot, cooked corn and roll in toasted coconut.

**Spicy Asian Glaze:** Mix ¼ cup hoisin sauce, ¼ cup honey, 2 tablespoons reduced-sodium soy sauce and 2 tablespoons lime juice. Brush on corn and grill or roast, basting and turning several times. Before serving, sprinkle with sesame seeds and sliced scallions.

**Spicy Sriracha:** Mix 1 stick softened butter with 2 tablespoons fiery Sriracha sauce. Spread on hot, cooked corn. Garnish with chopped fresh herbs such as parsley or cilantro.

### Sautéed Zucchini, Corn & Blistered Tomatoes Recipe

Serves: Serves 4 (side dish)

#### **Ingredients**

- 1 tsp olive oil
- 2 cups ¾-inch diced zucchini (about ¾ lb.)
- 3 medium ears corn, cooked & kernels cut off (about 2 cups)
- 1 cup cherry tomatoes
- 1 garlic clove, minced
- 1 tbsp minced cilantro
- 1 tsp fresh lime juice
- ⅛ tsp salt
- ⅛ tsp ground pepper

#### **Instructions**

1. Heat the olive oil in a large nonstick skillet set over medium-high heat.
2. Add the zucchini and cook, stirring frequently, for 3 minutes. Stir in the corn and cherry tomatoes and cook until the tomato skins are starting to split and shrivel, about 2 minutes.
3. Add the garlic and cook, stirring constantly, for additional 30 seconds.
4. Remove from the heat and stir in the cilantro, lime juice, salt and pepper. Serve.

From the kitchen of Cookin' Canuck |  
cookincanuck.com

### Grill Roasted Corn Salad

**Yield:** Serves 4

#### **Ingredients**

- 8 ears of fresh ears of corn, silk removed
- 1 red bell pepper, chopped
- 1 cup grape tomatoes
- 2 cups green beans, ends removed and cut into 1" pieces
- 1 cup fresh parsley, chopped
- 1 large jalapeno pepper, seeded and very finely chopped
- the juice of 1 lime
- 1 tsp Himalayan salt
- ½ tsp freshly cracked black pepper
- 75g unripened goat cheese, crumbled
- ½ cup walnuts, chopped

#### **Instructions**

1. Preheat your outdoor grill to high heat (around 400-450)
2. Place your ears of corn directly on the grill without removing the husks (remove the silk to avoid burning)
3. Close the lid and cook the corn for about 20 minutes, rotating the ears every 3-5 minutes, to insure even cooking on all sides.
4. Remove corn from the grill and allow to cool for about 10 minutes then remove the husks.

5. Remove kernels from the cobs and place in the fridge to cool completely, preferably overnight.
6. Of course, you can also use leftover corn or even frozen corn.
7. When corn is good and cold, add it to a mixing bowl along with the rest of the ingredients. Blend to combine.
8. Serve immediately or leave in the fridge for a couple of hours to allow for flavors to combine.

### Grilled Corn Crostini with Avocado & Radish Serves 4

#### **Ingredients**

1. 2 ears of corn
2. 8 - 10 slices of bread, I used gluten free sandwich bread but you could use any kind you like
3. 2 - 3 radishes, sliced thinly, with a mandolin or by hand
4. 1 large avocado
5. juice of 1 lime
6. 1 garlic clove, minced
7. cilantro leaves, for garnish
8. salt, to taste
9. olive oil

#### **Instructions**

1. Peel the top half of the corn husk down and remove all the

- corn silk. Fold the corn husk back around the corn and soak in water for about 10 minutes.
- Turn the grill on medium heat. Take the corn out of the water and shake off excess water. Place the corn on the grill and grill for a total of about 20 minutes, or until corn is tender and cooked through, flipping occasionally. Set aside and let cool.
- Preheat the oven to 375 degrees F.
- Cut the bread into slices and brush top with olive oil. Place bread onto a large sheet pan and place in the oven for about 10 minutes, until bread is toasted, flipping once.
- In a medium sized bowl, mash the avocado and then add in the garlic, lime juice, and season with salt to taste. Mix until ingredients are combined.
- Once corn has cooled, cut the kernels off with a sharp knife.

Assemble the crostini

Spread 1 - 2 tablespoons of avocado mixture on the bread, then top with corn and radish slices. Garnish with cilantro leaves, if desired.

### **Roasted Corn Fiesta Guacamole**

Easy fiesta guacamole stuffed with roasted corn, flavorful spices, and a hint of lime! Author: Tiffany

Serves: 4-6

Ingredients

- 1 ear corn on the cob
- 1 tablespoon butter
- 2 teaspoons cumin, divided
- 2-3 medium/large avocados
- 2 teaspoons lime juice
- 1 small tomato, diced
- ¼ cup diced onion
- ¼ cup cilantro, roughly chopped
- 1½ teaspoons garlic powder
- 1 teaspoon chili powder
- salt and pepper, to taste

Instructions

- Preheat the grill. Brush the corn with butter, then sprinkle evenly with 1 teaspoon cumin. Grill about 5 minutes, turning throughout, until corn starts to char slightly. Remove from grill and use a sharp knife to cut off the kernels. Discard cob and set aside kernels.
- Pit your avocados and place avocado "meat" in a medium bowl. Mash with a fork until creamy but still has some texture. Add lime juice, cilantro, garlic powder, chili powder and mix to combine. Season with salt and pepper to taste. Gently stir in tomatoes, onions, and corn. Serve immediately.

### **Mexican Roasted Corn Salad with Buttermilk Dressing**

*From health.com*

Ingredients

- 3 tablespoons fresh lime juice
- 4 teaspoons olive oil, divided
- 1 1/2 teaspoons ancho chile powder
- 1/2 teaspoon paprika (regular or smoked)
- 1/2 teaspoon salt, divided
- 5 ears shucked corn
- 1/2 cup low-fat buttermilk, well-shaken
- 1/4 cup grated Parmesan cheese
- 1 cup seedless red grapes, halved
- 6 cups mixed greens
- Handful of flowering herbs, such as tarragon flowers, for garnish

**Preparation**

- Preheat oven to 450°.
- Line a rimmed baking sheet with aluminum foil. Whisk together the lime juice, 2 teaspoons olive oil, ancho chile powder, paprika, and 1/4 teaspoon salt in a small bowl. Place the corn on the prepared baking sheet, and brush with the lime mixture. Roast the corn for 30 minutes.
- Remove corn from the oven. Adjust oven rack 4 inches from heat, and turn

on broiler. Return corn to oven, and broil, turning, for 3 minutes or until browned in patches.

4. Whisk together buttermilk, grated Parmesan cheese, and remaining 2 teaspoons olive oil and 1/4 teaspoon salt in a small bowl. With a small, sharp knife, cut corn off cobs into a serving bowl; gently toss kernels with grape halves and mixed greens. Divide salad among 4 dinner plates. Garnish each with flowering herbs, if desired, and drizzle evenly with dressing; serve.

### **Corn & Shrimp Chowder**

Ingredients

- 3 cups low-sodium chicken broth
- 3 cups diced red potatoes
- 1 (16-ounce) package frozen white shoepeg corn, thawed (OR FRESH!!!)
- 1 bunch chopped scallions
- 1/2 pound thawed shrimp, peeled, deveined, and cut into 1/2-inch pieces
- 1/4 cup heavy cream or sour cream
- 1 tablespoon fresh lemon juice

Preparation

In a medium saucepan, boil broth and potatoes 5 minutes. Add corn and white portion of scallion; simmer 8 minutes. Remove 2 cups; puree in a blender. Return to pot; stir in shrimp. Cook until bright pink; stir in cream, lemon juice, and scallion greens. Season with salt and freshly ground black pepper.

### **Chili-Cheddar Grits with Grilled Corn and Tomatoes**

Serves 4

*by Pamela Anderson from Fine Cooking Issue 111*

A good dose of chili powder adds smoky flavor to quickly made grits. Grilled corn and tomatoes, along with Cheddar, make this a rich main course.

- 3 medium ears fresh corn, shucked
- 1 Tbs. extra-virgin olive oil
- 1 lb. medium plum tomatoes, halved
- Kosher salt and freshly ground black pepper

- 1 cup quick-cooking (not instant) grits
- 4 tsp. chili powder
- 1/2 cup thinly sliced scallions
- 4 oz. extra-sharp Cheddar, grated (about 1 cup)

Prepare a high gas or charcoal grill fire.

Lightly rub the corn with 1 tsp. of the oil. In a medium bowl, toss the tomatoes with the remaining 2 tsp. oil and a generous sprinkling of salt and pepper.

Put the corn and tomatoes, cut side up, on the grill and cover. Grill, turning the corn occasionally (don't turn the tomatoes), until the corn is browned in places and the tomato skins have darkened and the flesh has softened, 8 to 12 minutes.

Set aside 4 tomato halves for garnish and put the remaining tomatoes in a food processor; pulse until smooth.

When the corn is cool enough to handle, cut the kernels from the cobs.

In a heavy-duty 4-quart saucepan, bring 3-1/2 cups of water and 2 tsp. salt to a boil over high heat. Whisk in the grits, chili powder, and the tomato purée. Bring to a boil and stir in two-thirds of the corn kernels and the scallions.

Reduce the heat to medium low and cook, partially covered and stirring frequently, until the grits are tender and thick, about 5 minutes. Add the cheese and a few grinds of pepper; stir until the cheese melts. Divide the grits among 4 soup bowls and top each with a tomato half and some of the remaining corn. Serve immediately.

### **Tomato Peach Salsa**

This recipe is a very “individual” recipe, which means that you can add as much or as little of each ingredient to your taste. I find that everybody likes salsa a different way it seems. So feel free to play around with it a little

bit. You can also make huge batches and can or freeze it!

#### **Ingredients:**

- 8 large tomatoes
- 3 peaches
- 1 bunch cilantro
- 1 bunch basil
- 1 large red onion
- 1 head garlic
- Jalapenos (optional if you like it hot, like I do)
- Sea salt

#### **Directions:**

- In a [food processor](#), individually pulse each: onion, tomato, peach, peppers
- Pulse them to the level of “chunky” that you would like your salsa (I tend to like mine a finer chop!)
- With a sharp knife, chop up cilantro and basil
- Add everything to a large bowl and add sea salt to taste
- Mix well and serve

## Acorn squash

**How to identify it:** acorn squash is the shape of an acorn (hence the name), and about the size of two fists held together. It's can be dark green, orange, white, or speckled with any combination of those three colors. There are deep ridges in the skin running from stem to tip. If you look up at the picture above, acorn squash is on the far right.

**How it tastes:** acorn squash is a little nuttier than other varieties of winter squash, so it's perfect if you want something more savory than sweet.

### What to Make:

#### Acorn Squash Dip

##### **INGREDIENTS**

- 2 acorn squash, roasted and mashed
- 1 Cup cream (or milk)
- 1.5-2 (about 8 ounces) Cups Gruyere cheese, grated
- Salt and Pepper
- 1 Teaspoon cayenne pepper
- 1 Tablespoon Tabasco or other hot sauce (optional)
- *Homemade Pita Chips*(for serving)
- 12 wheat pitas, cut into sixths
- Olive oil
- Kosher salt

##### **Directions**

- 1) Slice squash in half, scoop out seeds, pierce skins with fork or knife and bake at 350 degrees for an hour. let cool slightly before handling.
- 2) Scoop out squash and measure out flesh. Add to other ingredients and mix well.
- 3) Add dip to a buttered casserole dish.
- 4) Bake at 400 degrees for 30 minutes.
- 5) For pita chips, cut pita into sixths and split each sixth in half. Toss with a drizzle of olive oil and kosher salt. Bake at 400 degrees for 10-12 minutes and stir once halfway through.
- 6) Serve dip with the chips!

ADAPTED FROM A [KITCHN RECIPE](#).

**Crispy Acorn Squash Rounds**-this is hysterical, from [howsweeteats.com](#) You can make this squash as a side dish or even as a main meal. You can make it with butternuts or some of those other bumpy, ugly squasheses. You can eat it plain or let it swim in Bone Suckin' Sauce, which uh.... has replaced every single condiment in my life. I've never even been a condiment person and these days I find myself ready to chug that sauce straight from the jar. I'm disgusting.

And I just realized this means I can no longer harp on my husband for ruining every single dish I make with ketchup. But really... do whatever you want with this squash. Seriously. It's delicious.

#### **Crispy Squash Rounds**

*serves 2-4 (or uh... 1)*

- 2 acorn squash, sliced into rounds
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 teaspoon chili powder
- 1/4 teaspoon nutmeg
- 1/3 cup whole wheat pastry flour
- 1/2 cup finely ground cornmeal
- 3/4 cup [whole wheat panko breadcrumbs](#)

6 sage leaves, chopped

3 egg whites, lightly beaten

Preheat oven to 425 degrees F. Line a baking sheet with aluminum foil, then place a wire rack on top of the sheet. Spray with non-stick spray.

Peel acorn squash rounds if desired (this only took me an extra 5 minutes), then sprinkle with salt, pepper, chili powder and nutmeg. In one bowl, add egg whites and lightly beat with a fork. In a second bowl, add flour, sage, cornmeal and breadcrumbs and mix. Coat each squash round in the beaten egg white, then dredge through the cornmeal mixture, pressing to adhere. Gently place on the baking sheet and repeat with remaining squash. Right

before baking, mist squash with a spritz of olive oil or non-stick spray. Bake for 20 minutes, then gently flip (if desired), mist once more, and bake for about 20 minutes longer, or until squash is crispy and golden. Serve with dipping sauce of choice. I live for Bone Suckin' Sauce. Garnish with crispy sage is desired.

## Buttercup squash

**How to identify it:** buttercup squash is shaped like a pumpkin that got squished a little: it's bumpier and a little knobbly. The skin is dark green, sometimes with lighter streaks, and usually with a lighter patch at the top. In the picture above, buttercup squash is on the far left.

**How it tastes:** buttercup squash is comparatively sweet, but not quite as sweet as its similarly named cousin, butterNUT squash. It's also a little drier

### What to Make

#### Buttercup Squash Casserole

- 1(2 1/2 lb) buttercup squash
- 2tablespoons [brown sugar](#), packed
- 1/4teaspoon [salt](#)
- 1/4teaspoon [ground cinnamon](#)
- 1/4teaspoon [ground nutmeg](#)
- 2tablespoons [butter](#) or 2tablespoons [margarine](#)
- 1tablespoon [fresh chives](#), chopped
- 1/8teaspoon [ground nutmeg](#), if desired

##### **DIRECTIONS**

1. Heat oven to 350°F Cut squash into quarters; remove seeds. In ungreased shallow baking pan, place pieces, cut sides down. Bake 45 to 50 minutes or until tender. Cool slightly.
2. Spray 1-quart casserole with cooking spray. Scoop squash pulp from skin; place in

medium bowl. Discard skin. Add brown sugar, salt, cinnamon, 1/4 teaspoon nutmeg and butter to squash. Mix with potato masher or fork until well blended. Spoon into casserole. Sprinkle with chives and 1/8 teaspoon nutmeg.

3. Bake 20 to 25 minutes or until hot.

### **Butternut squash**

**How to identify** it: butternut squash is a pale tan color. It's usually longer than it is wide, sometimes with a bulge at one end. In the picture above, butternut squash is in the middle.

**How it tastes:** butternut squash is one of the sweetest varieties of winter squash, and it has a rich, smooth texture – if you're going for a kid-friendly recipe, this is a great one to pick.

### **What to Make**

#### **Winter Kale, Sausage and Butternut Squash Lasagna**

*From inspiralized.com*

#### **Ingredients**

- 1 medium butternut squash
- 1/2 tablespoon extra virgin olive oil
- 6 fresh sage leaves
- 4 sausage links, deiced
- 5 cups chopped kale
- 3 cloves of garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 large shallot, minced
- salt and pepper, to taste
- 1.5 cups ricotta cheese
- 1/3 cup grated parmesan cheese (grated not shredded!)
- 1 large egg, beaten
- 1 cup shredded gruyere cheese
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#### **Instructions**

1. Preheat the oven to 425 degrees.
2. Cut the bulbous bottom off the butternut squash (the seeded part.) Slice the top off to ensure that it's perfectly flat.

Peel the butternut squash entirely. If the butternut squash is longer than 6 inches, slice it into two manageable pieces. Slice halfway through the butternut squash, just to the center (careful not to go further.) Spiralize the squash, using Blade A.

3. Place a large skillet over medium heat and add in the olive oil. Once oil heats, add in the sage leaves and cook until crispy, careful not to burn. Transfer the sage leaves to a small paper towel lined plate and set aside.
4. Immediately crumble in the sausage to the skillet and cook until browned, 5-7 minutes. Then, add in the kale, garlic, red pepper flakes, shallots and season with salt and pepper. Cook the mixture for 2-3 minutes or until kale is wilted.
5. While the sausage is cooking, add the ricotta, parmesan and egg to a bowl. Whisk together and set aside.
6. Once the sausage is done, gather all of your prepared ingredients. Take out a casserole dish (I use 4.2 quart) and add a layer of the butternut squash to the bottom. Then, add a layer of the kale and sausage mixture. Then, add in a layer of ricotta mixture. Top with a layer of butternut squash. Then, add a layer of the kale and sausage mixture. Then, add in a layer of ricotta mixture. Top with a layer of the butternut squash and then, top with all of the gruyere cheese.
7. Cover the casserole dish with tinfoil and bake in the oven for 40-45 minutes. After 40 minutes, poke the top layer and if you can easily pierce through the butternut squash, it's done.

If you can't, bake another 5 minutes.

8. After the 40 minutes of baking, take the dish out of the oven, remove the tinfoil top and immediately sprinkle with sage topping. Then, let rest for 5 minutes. After resting, carefully cut the lasagna into 6 equal portions.

#### **Butternut Squash and Coconut Curry Soup with Shrimp and Rice Noodles**

YIELD: SERVES 4-6

*Luci, the kind reader who forwarded me this recipe, says she uses chicken. If doing so, you'll want to allow more time for the chicken to cook in the simmering liquid since it takes longer than shrimp so adjust the recipe accordingly (I haven't tried it personally yet). I often have cubed butternut squash in the freezer and it works great in this recipe; I throw it in frozen and add a few minutes to the simmering time. You can prepare the rice noodles in a separate pot toward the end of the 20-25 minute simmering time. I prefer boiling rice noodles as opposed to soaking them (many brands give both directions) - they only take a few minutes to cook. I rinse them briefly in cold water after draining so they aren't super sticky.*

#### **INGREDIENTS**

- 2 teaspoons canola or coconut oil
- 1 small yellow onion, chopped
- 1 clove garlic, finely chopped
- 2 teaspoons finely chopped fresh ginger
- 2 teaspoons red curry paste, more to taste, if needed
- 2 teaspoons light brown sugar
- 1/2 teaspoon salt
- 1 medium butternut squash, peeled and cut into 1-inch pieces, about 4-5 cups
- 4 cups low-sodium chicken broth
- 1 (14-ounce) can coconut milk

- 1 pound large shrimp, peeled and deveined, if needed
- 1/4 cup chopped fresh cilantro
- 6-8 ounces brown or white rice noodles, cooked according to package directions
- Lime wedges, for serving

#### DIRECTIONS

1. In a 4- to 5-quart pot, heat the oil over medium heat until hot and rippling. Add the onion, garlic and ginger. Cook, stirring frequently, until fragrant and the onion is translucent, about 5 minutes. Take care not to let the garlic and ginger burn.
2. Stir in the curry paste, sugar and salt and cook for 1-2 minutes longer.
3. Stir in the squash, broth and coconut milk and bring to a boil. Reduce the heat and simmer, partially covered, until the squash is tender, 20 to 25 minutes. Add additional broth during the cooking time if you want the soup more soupy and less thick.
4. Stir in the shrimp and simmer just until cooked through, about 2 minutes. Stir in the cilantro and add additional salt and/or pepper to taste, if needed. Serve immediately over cooked rice noodles with lime wedges for garnish.

### Delicata Squash

**How to identify it:** delicata squash is about the size and shape of a large cucumber. It's pale yellow, with vertical green stripes. If you want a visual, look back up at the thumbnail: delicata is on the far right.

**How it tastes:** delicata squash has a very mild flavor, although not quite as mild as spaghetti squash. Cooking tip: delicata squash is unique among winter squashes in that its skin is edible along with the flesh. So you don't have to

worry about peeling anything: just chop it into bite-sized pieces and roast it until tender.

#### What to Make

### DELICATA SQUASH BAKE WITH TAHINI SAUCE

Simple, 30-minute delicata squash bake with toasted hazelnuts, pomegranates, and a maple-tahini sauce! The perfect plant-based Thanksgiving side dish.

Author: Minimalist Baker

Recipe type: Side Dish

Cuisine: Vegan, Gluten Free

Serves: 4-6

Ingredients

#### SQUASH

- 2 delicata squash, halved lengthwise, seeds removed, cut into 1/2-inch slices
- 2 Tbsp (30 ml) coconut oil, melted
- Pinch sea salt

#### DRESSING

- 3 Tbsp (45 g) [tahini](#)
- 1/2 lemon, juiced (1 Tbsp or 15 ml)
- 1 Tbsp (15 ml) maple syrup

#### TOPPINGS

- 1/4 cup (43 g) pomegranate arils
- 1/4 cup (33 g) dry roasted hazelnuts, loosely chopped
- 1/4 cup (15 g) fresh parsley, chopped

Instructions

1. Preheat oven to 400 degrees F (204 degrees C).
2. Add sliced squash to a bare baking sheet (1 large or 2 small, depending on size of squash) and toss with oil and sea salt, then arrange in a single layer.
3. Bake for 20-25 minutes, flipping once at the halfway point to ensure even baking. You'll know it's done when fork tender, golden brown, and slightly caramelized (see photo).

4. While squash is baking, prepare dressing by adding tahini, lemon juice, and maple syrup to a small mixing bowl. Whisk to combine, then add hot water 1 Tbsp at a time and whisk until pourable. Taste and adjust seasonings as needed.
5. To serve, arrange baked squash on a serving dish and top with dressing, pomegranates, hazelnuts, and parsley. Best when enjoyed immediately.

### MAPLE-ROASTED DELICATA SQUASH WITH RED ONION

LEAH

KOENIG EPICURIOUS NOVEMBER 2014

Roasting the squash with olive oil and maple syrup enhances their sweetness while helping them turn a rich golden brown.

YIELD-Serves 8

INGREDIENTS

- 3 medium Delicata squash (about 3 pounds), halved lengthwise, seeded, and cut into 1/4-inch thick slices
- 2 medium red onions, halved lengthwise and cut into 1/2-inch rings
- 5 garlic cloves, peeled and smashed
- 4 fresh thyme sprigs
- 1/2 teaspoon red-pepper flakes
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons maple syrup
- Kosher salt
- freshly ground black pepper

PREPARATION

1. Arrange the racks in the upper and lower rungs in the oven and preheat the oven to 425°F degrees. Place the squash, red onion,

garlic, thyme, and red pepper flakes in a large bowl. Drizzle with olive oil and maple syrup, and sprinkle generously with salt and pepper; toss to coat.

2. Spread vegetables evenly onto two large, rimmed baking sheets. Bake the squash on the upper and lower racks of the oven, tossing, rotating, and switching the pan positions half way through cooking, until tender and browned, 25 to 30 minutes. Taste and season again with more salt and pepper, if desired.

### **Kabocha** (Japanese Pumpkin)

**How to identify it:** kabocha usually looks like a regular pumpkin that's been painted dark green, but some varieties are also orange and look almost like pumpkins, except that kabocha squash is a darker red-orange than the typical bright-orange pumpkin color.

**How it tastes:** kabocha is a little drier than other winter squashes, so if you overcook it the texture can get unpleasantly sandy. But roast it just long enough, and it's pleasantly light and almost fluffy in texture, perfect to balance out a very rich or heavy main dish.

#### **What to Make:**

*From Just Hungry, but modified to cut the spiciness a bit. I just started getting to know winter squashes, and kabocha has become my favorite. It's fairly small, nicely sweet, and the skin is so thin that you don't need to peel it. This is a really easy way of preparing it.*

#### **INGREDIENTS**

#### **SERVINGS 4UNITS**

- ½small kabocha squash
- 3tablespoons [light brown sugar](#)(plus more for sprinkling)
- ¼teaspoon [cayenne](#) (or hot chili powder)
- ½teaspoon [cumin](#)
- ¼teaspoon [cinnamon](#)
- ¼teaspoon [nutmeg](#)
- ¼teaspoon [salt](#)
- 1 ½teaspoons [soy sauce](#)
- 1tablespoon sesame oil

#### **DIRECTIONS**

1. Preheat the oven to 400°F Line a baking sheet with a silicon baking liner or parchment paper.
2. De-seed and cut the squash into slices about 1/4 inch thick.
3. Combine all the dry ingredients. Toss the squash slices in this until coated thoroughly. Add the soy sauce and toss well again.
4. Spread the slices in a single layer on the baking sheet and drizzle them with the oil.
5. Bake in the preheated oven for 15 minutes, then turn over, drizzle with more oil and sprinkle more sugar, and bake for an additional 10-15 minutes.
6. Serve hot or at room temperature.

### **Thai Red Curry with Kabocha Squash**

#### **INGREDIENTS**

- 1 tablespoon vegetable oil
- 1 medium yellow onion, medium dice
- 1 1/2 teaspoons kosher salt, plus more for seasoning
- 2 medium green bell peppers, seeds and ribs removed and cut into 1/4-inch strips
- 4 medium garlic cloves, finely chopped

- 1 tablespoon peeled and finely chopped fresh ginger (from about a 1-1/2-inch piece)
- 3 tablespoons Thai red curry paste
- 1 (13- to 14-ounce) can unsweetened regular coconut milk
- 1/2 cup water
- 1 tablespoon soy sauce
- 1 medium kabocha squash (about 2 1/2 pounds), peeled, seeded, and cut into 1-inch cubes
- 2 teaspoons freshly squeezed lime juice
- 1/4 cup coarsely chopped fresh cilantro
- Steamed white rice or steamed brown rice, for serving

Using prepared red curry paste is an easy and fast way to add traditional Thai flavors to this vegetarian one-pot meal. Start by sautéing onion, bell pepper, garlic, and ginger with red curry paste, then add coconut milk to create the base for the stew. Chunks of kabocha squash simmer in the base for about 20 to 25 minutes, enough time for the curry to thicken, creating a creamy and slightly sweet dish. Spoon it over [steamed white rice](#) or [brown rice](#) and pack up any leftovers for a hearty lunch.

### **Pumpkin(cheese type)**

**How to identify it:** the huge Jack-O-Lanterns aren't actually what you're going for here; they're edible, but they don't taste that great. Look for the miniature versions sold as pie pumpkins. Alternately, you can buy canned pumpkin – unlike most other canned foods, pumpkin doesn't lose a lot of nutritional value. Canned pumpkin is a great "starter squash" because there's no dealing with skin, seeds, or anything else.

**How it tastes:** without the sugar overload of pumpkin pie, the pumpkin

itself is actually quite rooty and woody; it makes a great savory side if you're tired of sweeter squashes.

### What to Make:

## **PUMPKIN STUFFED WITH EVERYTHING GOOD**

BY DORIE GREENSPAN OCTOBER 2010  
*AROUND MY FRENCH TABLE: MORE THAN 300 RECIPES FROM MY HOME TO YOURS*

See Bonne Idée for some hints on variations.

And speaking of playing around, you might consider serving this alongside the Thanksgiving turkey or even instead of it—omit the bacon and you've got a great vegetarian main course.

### INGREDIENTS

- 1 pumpkin, about 3 pounds
- Salt and freshly ground pepper
- 1/4 pound stale bread, thinly sliced and cut into 1/2-inch chunks
- 1/4 pound cheese, such as Gruyère, Emmenthal, cheddar, or a combination, cut into 1/2-inch chunks
- 2-4 garlic cloves (to taste), split, germ removed, and coarsely chopped
- 4 slices bacon, cooked until crisp, drained, and chopped (my addition)
- About 1/4 cup snipped fresh chives or sliced scallions (my addition)
- 1 tablespoon minced fresh thyme (my addition)
- About 1/3 cup heavy cream
- Pinch of freshly grated nutmeg

### PREPARATION

1. Center a rack in the oven and preheat the oven to 350 degrees F. Line a baking sheet with a silicone baking mat or parchment, or find a Dutch oven with a diameter that's just a tiny bit larger than your pumpkin. If you bake the pumpkin in a casserole, it will keep its shape, but it might stick to the casserole, so you'll have to serve it from the pot—which is an appealingly homey way to serve it. If you bake it on a baking sheet, you can present it freestanding, but maneuvering a heavy

stuffed pumpkin with a softened shell isn't so easy. However, since I love the way the unencumbered pumpkin looks in the center of the table, I've always taken my chances with the baked-on-a-sheet method, and so far, I've been lucky.

Using a very sturdy knife—and caution—cut a cap out of the top of the pumpkin (think Halloween Jack-o-Lantern). It's easiest to work your knife around the top of the pumpkin at a 45-degree angle. You want to cut off enough of the top to make it easy for you to work inside the pumpkin. Clear away the seeds and strings from the cap and from inside the pumpkin. Season the inside of the pumpkin generously with salt and pepper, and put it on the baking sheet or in the pot.

3. Toss the bread, cheese, garlic, bacon, and herbs together in a bowl. Season with pepper—you probably have enough salt from the bacon and cheese, but taste to be sure—and pack the mix into the pumpkin. The pumpkin should be well filled—you might have a little too much filling, or you might need to add to it. Stir the cream with the nutmeg and some salt and pepper and pour it into the pumpkin. Again, you might have too much or too little—you don't want the ingredients to swim in cream, but you do want them nicely moistened. (It's hard to go wrong here.)
4. Put the cap in place and bake the pumpkin for about 2 hours—check after 90 minutes—or until everything inside the pumpkin is bubbling and the flesh of the pumpkin is tender enough to be pierced easily with the tip of a knife. Because the pumpkin will have exuded liquid, I like to remove the cap during the last 20 minutes or so, so that the liquid can bake away and the top of the stuffing can brown a little.
5. When the pumpkin is ready, carefully, very carefully—it's heavy, hot, and wobbly—bring it to the table or transfer it to a platter that you'll bring to the table.

### Serving

You have a choice—you can either spoon out portions of the filling, making sure to get a generous amount of pumpkin into the spoonful, or you can dig into the pumpkin with a big spoon, pull the pumpkin meat into the filling, and then mix everything up. I'm a fan of the pull-and-mix option. Served in hearty portions followed by a salad, the pumpkin is a perfect cold-weather main course; served in generous spoonfuls, it's just right alongside the Thanksgiving turkey.

### Storing

It's really best to eat this as soon as it's ready. However, if you've got leftovers, you can scoop them out of the pumpkin, mix them up, cover, and chill them; reheat them the next day.

### Bonne Idée

There are many ways to vary this arts-and-crafts project. Instead of bread, I've filled the pumpkin with cooked rice—when it's baked, it's almost risotto-like. And, with either bread or rice, on different occasions I've added cooked spinach, kale, chard, or peas (the peas came straight from the freezer). I've made it without bacon (a wonderful vegetarian dish), and I've also made it and loved, loved, loved it with cooked sausage meat; cubes of ham are also a good idea. Nuts are a great addition, as are chunks of apple or pear or pieces of chestnuts

### Spaghetti squash

**How to identify it:** spaghetti squash is oval-shaped and pale yellow. The skin is smooth, without any ridges or bumps. For a visual, take a look at the pictures in [this recipe](#).

**How it tastes:** spaghetti squash is extremely mild, almost to the point of being bland—but that's not the point. The real value of this variety is as a pasta replacement: top it with sauce, meatballs, butter...anything you would normally serve with pasta, you can serve with spaghetti squash.

### What to make:

## **Sesame Soy Spaghetti Squash with Broccoli and Edamame**

*Makes 2 servings*

### **Ingredients:**

*Sesame Soy Tahini Sauce:*

3 tablespoons tahini (sesame seed paste)  
2 tablespoons low-sodium soy sauce  
1 tablespoon rice vinegar  
1 teaspoon sesame oil  
2 teaspoons honey  
1 teaspoon minced fresh ginger  
1 clove garlic, minced  
Dash of cayenne pepper  
1-2 tablespoons water

Half of a spaghetti squash  
Half a head of broccoli, chopped into florets  
1 cup frozen shelled edamame  
Sesame seeds for topping  
Salt and pepper

### **Directions:**

Preheat oven to 400°F. Cut spaghetti squash in half and scoop out the seeds and pulp from the center. Place one half with the cut side facing down on a greased or lined baking sheet (keep other half wrapped in the fridge for another use). Roast for 30-40 minutes, or until tender - it may take longer, depending on the size of your squash. When done, use a fork to scrape the flesh off the skin and into a bowl (it will scrape off in strands, like spaghetti).

While the squash is cooking, prepare the remaining components:

Whisk together all ingredients for the sauce. Taste and adjust any seasonings to taste. If the sauce is too thick, add a bit more water to thin it out.

Place chopped broccoli in a steamer basket and steam over boiling water for 3-5 minutes, until crisp-tender and bright green. Set aside. Cook edamame according to package directions.

When all components are ready, divide spaghetti squash into two bowls, top with broccoli and edamame, and drizzle sesame soy tahini sauce overtop. Top with sesame seeds and season with salt and pepper, if desired.

This is best eaten on the day that it's made.

## **Baked Spaghetti Squash with Goat Cheese & Roasted Vegetables**

### **Ingredients**

- Olive Oil for roasting
- sea salt for seasoning
- 5 cloves of roasted garlic (recipe to roast below)
- 1 large spaghetti squash
- 1 red pepper, chopped
- 1 orange pepper, chopped
- 2 onions, chopped
- 1 zucchini, chopped
- 4 oz cream cheese, softened at room temperature
- 4 oz goat cheese, softened at room temperature
- 2 eggs, beaten
- 3 tbsp sundried tomato in oil, chopped
- 2 tbsp herbs (parsley & basil)
- 1 1/2 cups mozzarella cheese, shredded
- 1/4 cups panko

### **Instructions**

1. Preheat the oven to 425 degrees F.
2. to roast the garlic: cut the top off the head of garlic exposing a bit of each each clove of garlic. Place garlic head in a sheet of aluminum foil. Drizzle olive oil on top, sprinkle with salt. Wrap & Seal the foil around the garlic gathering at the top. Place in the oven and roast 375\* for 30 or until completely tender when poked with a fork or knife. Allow to cool, remove from foil. set aside

3. Halve the spaghetti squash, scoop out the seeds and loose fibers. Drizzle with olive oil, sprinkle with salt and bake 425\* 30-40 min until tender. Remove from the oven and let rest until cool enough to handle. Using a fork, scrape out the squash which resembles strands of spaghetti and place in bowl.
4. Arrange the chopped peppers & onions on a sheet pan, drizzle with olive oil, sprinkle with salt and roast 425\* 20-25 min stirring occasionally until tender and edges start to brown.
5. In a saute pan, heat 1 tbsp olive oil and sauté the zucchini for 2-3 min until tender. set aside
6. Squeeze out 5 garlic cloves from the cooled head of garlic and smash into a paste
7. In a LARGE bowl combine the cream cheese, goat cheese & eggs. Mix together. Add the cooked spaghetti squash, peppers, onions, zucchini, smashed garlic cloves, sundried tomatoes, herbs & mozzarella cheese.. Stir well to combine. Pour into a casserole dish and top with panko.
8. Bake 350\* for 20-30 min until golden on top.