





# Butternut Squash

Butternut squash is one of the tastiest of the winter squashes and pumpkins. It has pale orange skin and a deep orange flesh which is very sweet with a smooth texture.

1 portion = ¼ large squash

Recipe  
developed by  
Robin Van Creveld,  
Community Chef

## How to prepare

Unlike pumpkins, the skin of a butternut squash is quite thin and edible so there is no need to peel it. Wash it, cut off the small stalk, cut in half lengthways and remove the seeds. It is very hard so make sure that you hold it firmly and use a sharp knife when cutting it up.

## How to cook

**Roast:** place chunks of squash in a roasting tin with 1 teaspoon oil and seasonings and roast for 20–25 minutes or until soft (200°C/400°F/gas mark 6).

**Boil:** cook in boiling water for 15–20 minutes.

**Steam:** place squash in a steamer, metal colander or sieve over a pan of boiling water and steam for 10–12 minutes.

## Recipe ideas

- Butternut squash makes great soup - fry 1 chopped onion, add 2 cups of chopped up squash and 4 cups of vegetable stock. Cook until squash is soft then blend.
- Mashed butternut squash is a delicious dish on its own. Try flavouring it with sage, cinnamon or strong cheese.
- Steamed butternut squash can be puréed to make a nutritious baby food.



change  
4 life

