

ROASTING LARGE WINTER
SQUASH



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What kinds of pumpkins and squash work?

Large pumpkins and squash 10" in diameter or larger. Jacks, Cinderella, Fairytale, Blue Hubbard Squash, or any other type of specialty squash.

Preparation:

Scrub the outside of the gourd, pumpkin or squash.

Option A: Cut off the top 1/3 of the pumpkin or squash and clean out all seeds and strings (the guts!) You can wash the seeds and roast them later for snacking. Season as desired. This is a great method for using the pumpkin as it's own serving dish at the table.

Option B: Cut squash in half, scoop out guts and then cut into wedges (about 3" across). Season as desired.

Option C: Peel pumpkin or squash first using Y-type peeler. Then cut in half, remove seeds and cut into 1-2" chunks. Toss lightly in olive oil or butter and season. Enjoy the squash on its own, or roast with other root vegetables. This is also the method of choice for making purees, soups, or mashing.

Bake Away:

Bake at 375°F on a rimmed baking sheet or in a baking dish with the cut side up. If you have left the skin on add 1/4" of water to the bottom of the dish. It may be helpful to cover your squash with aluminum foil to help it steam and cook through thoroughly. Smaller chunks will take about 30—45 minutes, a whole squash might take up to 1-1/2 hours. Squash is done when it can be easily pierced with a fork or knife.

Time to Eat!

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