

A R E C I P E F O R . . .



Balsamic Glazed Butternut Squash

- 2 lbs. butternut squash
- 2 tsp. extra virgin olive oil
- 4 tsp. balsamic vinegar
- 1 oz. fresh rosemary
- 1 tsp. kosher salt
- 4 grams fresh ground black pepper

Yield: 4 servings

1. Pre-heat oven to 400.
2. Peel, seed, and dice butternut squash into 1" cubes.
3. Toss squash with olive oil first, balsamic vinegar, and fresh rosemary.
4. Spread evenly on sheet pan, then bake until squash is tender, about 35 – 40 minutes.
5. Remove from oven, then toss with 1 teaspoon balsamic vinegar; season with salt and pepper.



Butternut Squash Apple Soup

2 tbsp. unsalted butter	1 1/2 lbs. Fuji apples
2 tbsp. extra virgin olive oil	2 tsp. kosher salt
4 c yellow onions, diced	7 grams fresh ground black pepper
1 tbsp. curry powder	2 c water
1/4 tsp. chipotle chili pepper	16 fl. oz. apple juice
.25 oz. fresh ginger root	.25 oz. chives
5 lbs. butternut squash	

Yield: 10 bowl servings

1. Heat butter and olive oil in large pot over medium heat.
2. Add onions, chipotle, ginger, and curry. Saute until onions are tender, about 12 minutes.
3. Peel and seed butternut squash. Peel and core apples. Cut both into chunks.
4. Add squash, apples, salt pepper, and water to the pot. Cover, then bring to a boil. Reduce heat and simmer until squash and apples are very soft, about 30 minutes.
5. Puree mixture coarsely with an emulsion blender; then add apple juice. Bring back to a boil, then adjust thickness as needed with water.
6. Garnish as desired with chopped chives.



Pasta with Butternut Squash Sauce

2 lbs. butternut squash
10 oz. yellow onions, diced
1 tbsp. extra virgin olive oil
.5 oz. garlic, chopped
.5 oz. fresh sage
1 c chicken broth
1 fl. oz. white sauterne cooking wine
1 oz. parmesan cheese, grated
8 oz. linguine pasta

Yield: 4 servings

1. Peel, seed, and dice butternut squash into 1" cubes.
2. Heat pot over medium heat, add olive oil.
3. Add garlic and onions, saute until tender, about 7 – 10 minutes. Stir to keep from browning.
4. Add wine, then let reduce for 2 minutes.
5. Add butternut squash and chicken broth, then bring to a boil. Reduce to simmer and let simmer until tender, about 10 – 15 minutes.
6. While squash is simmering, cook pasta in boiling salted water until al dente, about 8 – 10 minutes.
7. For chunky sauce: mash squash with a fork, then stir to combine.
8. For creamy sauce: use an emulsion blender to puree sauce.
9. Add coarsely chopped sage and parmesan to sauce. Heat to incorporate and fully melt cheese.
10. Toss pasta and sauce together; garnish as desired with sage and parmesan.