

Carrboro Farmers' Market

Locally Grown  Nationally Known

October 30, 2004

Recipe of the Week  featuring Butternut Squash

from Sheri Castle of Creative Cooking with Sheri Castle

Butternut Squash Gratin

I love this gratin. It brings out the silky, naturally sweet flavor of winter squash without adding lots more sugar or other sweeteners. Instead, it is laced with fresh herbs and topped with a delicate, crunchy, nutty Gruyere crust.

I will admit that it takes a little work to peel a butternut squash. I suggest cutting it into large pieces and then peeling those pieces with several passes of a vegetable peeler.

Simple, yet impressive, this is a perfect Thanksgiving side dish.

1 medium butternut squash (about 2 1/2 to 3 pounds)

1/4 cup (1/2 stick) butter

4 cups thinly sliced onions (about 1 pound)

1 teaspoon sugar

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 cup low-salt chicken broth

2 cups fresh breadcrumbs

2 cups grated Gruyere cheese

2 tablespoons chopped fresh rosemary

2 teaspoons chopped fresh thyme

1. Preheat the oven to 350°. Butter a 9x13 non-metal baking dish.
2. Peel and seed the squash and cut it into 1/2-inch cubes.
3. Melt the butter in a large skillet over medium-high heat. Add the onions and squash and sauté them until the onions begin to soften, about 5 minutes. Sprinkle the sugar, salt and pepper over the squash and continue cooking until the vegetables are tender and begin to caramelize, about 5 minutes.
4. Spread the squash mixture into the prepared baking dish. Pour over the chicken broth. Cover the dish with foil and bake the mixture for 15 minutes.
5. (Make-ahead note: You can prepare the dish to this point up to one day ahead. Remove the foil, let the mixture cool and then cover and refrigerate. Heat the mixture in a 350° oven for 10 minutes before proceeding.)
6. Increase the oven temperature to 400°. Mix the breadcrumbs, cheese, rosemary and thyme in a bowl. Sprinkle the crumb mixture over the squash mixture. Bake the gratin uncovered until the top is golden brown and crisp, about 20 minutes. Let the gratin rest for 10 minutes before serving.

Makes 10 to 12 servings.

(over)

Chapel Hill~Carrboro Farmers' Markets

Carrboro Farmers' Market  Saturdays  March 20 – December 18
Carrboro Farmers' Market  Wednesdays  Opening April 16, 2005
Southern Village Farmers' Market  Opening April 16, 2005

Don't be afraid to experiment! Create your own recipe using this helpful list ~

From *Culinary Artistry* by Andrew Dornenburg & Karen Page

Butternut Squash is complemented by

ancho chiles	chorizo	pears
apples	cinnamon	pecans
butter	curry	rosemary
celery root	nuts	sage
Cheddar cheese	oranges	sherry
chestnuts	Parmesan cheese	

What is a gratin?

From *Larousse Gastronomique The World's greatest Culinary Encyclopedia*

The golden crust that forms on the surface of a dish when it is browned in the oven or put under the grill (broiler). Usually the top of the dish has been coated with grated cheese, breadcrumbs or egg and breadcrumbs. Formerly, 'gratin' was the crust adhering to the cooking receptacle, which was scraped off (*gratte* in French) and eaten as a tidbit.

The term has been extended to denote a method of cooking fish, meat, vegetables, pasta dishes and even sweets. The preparation is cooked or reheated in the oven so that a protective layer forms on the surface, improving the taste of the food and preventing it from drying up. This layer consists of strongly flavoured grated cheese (such as Gruyere or Parmesan) or breadcrumbs, sprinkled with melted butter. The length of cooking time depends on whether the dish is to be cooked from scratch or merely reheated or browned. In all cases a number of rules apply: use dishes that are flameproof and can be transferred directly to the table; butter them generously so that the preparation does not stick; if the dish is to be browned under the grill, it must already be very hot; for a gratin that is to be fully cooked, the dish must be set on a metal tray separating it from the oven shelf or placed in a bain marie.

What is a bain marie?

A water bath for keeping cooked food or dishes, such as sauces and soups, warm or without allowing them to continue cooking. A bain marie is also used for melting ingredients without burning them or for cooking delicate foods and dishes very slowly.

"Step Aside Turkey! Side Dishes Worthy of Center Stage"

Cooking Demonstration

Saturday, November 6, 2004

8:30 – 11:30

with Dorette Snover of

C'est si Bon! A Chapel Hill Cooking School

Special Pre-Thanksgiving Market

Tuesday, November 23rd

2:00 – 6:00

www.carrborofarmersmarket.com
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