



Autumn squash

A quick guide to your squash box,
with tips on storing, preparation,
easy ideas and seasonal recipes



RIVERFORD
ORGANIC FARMERS

Thai-style chicken & squash curry

Serves 4

- 2 tbsp oil for frying
- 450g diced chicken
- 1 onion, sliced
- 1 tsp freshly grated ginger
- 2 cloves garlic & crushed
- 3 tbsp red thai curry paste
- 800g squash, peeled weight, cut into large chunks
- 400ml coconut milk
- 150ml veg or chicken stock
- 4 kaffir lime leaves, if you can get them
- 2 stalks lemongrass, left whole & bashed with a rolling pin to release the aroma
- handful of fresh coriander leaves, to serve

Heat the oil in a large flameproof pan. Add the onion and chicken and fry for a few mins, until the chicken is starting to brown and the onion is softening. Add the ginger and garlic and cook for a couple more mins. Add the curry paste, squash, coconut milk, stock, lime leaves and lemongrass stalks and stir to combine. Increase the heat, bring to the boil, reduce the heat and simmer for about 20-25 mins, until the chicken is cooked through and the squash is tender. Season to taste. Serve sprinkled with the coriander leaves.

Squash risotto

Serves 4

- 1 medium squash (about 500g), peeled, deseeded & cut into 1cm cubes
- 3 tbsp olive oil
- 1.5 ltr veg stock
- 1 onion, finely chopped
- 2 cloves garlic, finely chopped
- 360g risotto rice
- a splash of white wine or vermouth
- 2 tbsp freshly grated parmesan cheese, plus extra to serve
- 2-3 tbsp butter to serve

Sweat the squash cubes in olive oil in a large covered saucepan until tender (about 30 mins). Season. Heat the stock to a simmer in a pan. In a separate large, heavy-based pan, heat the oil and cook the onion and garlic gently for about 5 mins, until soft. Add the rice, stir until coated and cook gently for a few mins more. Pour in the wine and cook until absorbed. Add the squash and stir gently for 2 mins. Add just enough simmering stock to cover and stir well. Keep adding stock, a ladleful at a time, stirring constantly. Keep the rice at a gentle simmer and allow each addition to be absorbed before adding more. After 15-18 mins, when the rice is tender but still has a little bite, remove from the heat. The risotto should be a bit sloppy. Mix in the butter and cheese and serve with more parmesan at the table.

Sumac roasted squash salad with feta, mint & yoghurt dressing

Serves 4 as a side

Sumac is a zesty flavoured powder, made from the dried fruits of a Middle Eastern shrub. Use a little lemon zest instead if you can't get hold of it.

1 butternut squash, peeled, deseeded & sliced into finger-length pieces
1 tsp sumac
2 tbsp olive oil
100g salad leaves
50g toasted pistachios
6 mint leaves, shredded

For the dressing:

150ml plain yogurt
100g feta, crumbled
1 tsp cumin seeds

Toss the squash in a baking dish with the sumac and olive oil and season. Roast at 180°C for about 25-30 mins until just tender. Make the dressing: toast the cumin in a dry frying pan for 1 min and grind to a powder, then mix into the yogurt and feta. Toss the salad leaves in a little olive oil to coat and spread over a serving platter. Scatter the squash on top. Drizzle over the yogurt dressing and sprinkle over the pistachios and mint to serve.

Roasted squash

Serves 4

1 squash
2 onions, sliced
2 garlic cloves, very finely chopped
1 red chilli, very finely chopped
1 sprig rosemary, very finely chopped
olive oil

Cut the squash in half lengthways. Peel and slice across into lengths about 1cm wide. Place the sliced onions on a shallow baking tray, lay the squash slices on the onions and sprinkle with olive oil. Bake in a medium hot oven (about 200°C) for about 30 mins or until the squash is just cooked. Sprinkle the garlic, chilli and rosemary over the squash and return to the oven for another 10 mins, until the garlic and chilli are cooked but not brown.



Squash tips

Storage

Many squash will store through the winter if you keep them warm and dry. They look good stored on a kitchen shelf.

Prep

Using a large sharp knife, slice off the top and bottom of the squash. This provides a secure base to work from. Carefully pare away the tough outer skin (a good quality veg peeler works on softer skinned varieties such as butternut). Once peeled, slice in half and scoop out the seeds with a spoon. You are then left with two halves to prepare as needed.

Easy ways to use

Different varieties work better in different recipes. Butternut is good for risotto or soup and Kabacha, Red Onion and Crown Prince are brilliant roasted.

You can chop up other root veg from your box such as carrots, beetroot, parsnips and celeriac and roast with the squash.

The seeds and inside trimmings from squash can be used in veg stock, giving a vibrant colour for use in a risotto or soup. Add squash trimmings to other stock ingredients, simmer in enough water to cover for about an hour and strain through a sieve. Keep in the fridge for a week or freeze for future use.

