

Carrboro

FARMERS' MARKET

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Recipe of the Week
October 13, 2007

Acorn Squash with Warm Chilli Oil and Toasted Squash Seeds
from Sheila Neal, Market staff

Ingredients

For the squash:

2 medium-size acorn squash*
2 tablespoons olive oil
1 teaspoon salt
Black pepper

For the Toasted Seeds:

Olive oil
Pinch or two of salt
Pinch or two of curry powder

2 cloves garlic*, peeled and
finely chopped
1 pepper such as cayenne, scotch
bonnet, or jalapeño*, seeds
removed and diced fine
1 teaspoon cumin seeds, toasted
and then ground
1 teaspoon salt
2 tablespoon olive oil
2 tablespoons lime or orange
juice

For the chilli oil:

Procedure

Preheat oven to 450 degrees. Line a baking sheet with a Silpat** or parchment paper. Trim the ends of the squash and cut squash in half lengthwise. Remove seeds and set aside. Cut squash into 1-inch wide wedges, lengthwise. Peel the skin, or you can leave it on. Toss the wedges in the olive oil. Add the salt and some cracked black pepper. Place wedges on baking sheet, cut-side down. Bake for about 15 minutes until just tender and brown on the down side. Set aside when done.

Meanwhile, rinse squash seeds and remove any pulp. Dry well. Toss in just enough of olive oil to coat (the amount of seeds the squash has may vary so that's why you need to "eye" these ingredients.) Add a pinch or two of both salt and curry powder. Toss well and place on a baking pan. Roast seeds in the 450 degree oven for 10 minutes.

In a small bowl, combine garlic, chilli, cumin and salt. In a small saucepan, heat the 2 tablespoons olive oil over medium-low heat. When the oil is warm add the garlic, chilli, and spice mixture. Cook until garlic begins to turn brown, about 5 minutes, gently swirling the pan from time to time. Remove pan from heat and slowly add the lime or

orange juice. Give it a stir.

To Serve: Place roasted squash on a platter, drizzle with warm chilli oil, and garnish with toasted squash seeds.

*Available at Market

** A silpat is a rubber pad found at kitchen stores. Mostly used for baking, it is a great re-usable tool when you don't want something to stick to the pan.