

Butternut Squash



Shaped like a large pear, this squash has cream-colored skin, deep orange-colored flesh and a sweet flavor. Butternut squash is an excellent source of omega-3s, vitamin A, vitamin C, dietary fiber, vitamin B6, manganese, and copper.

Butternut Squash Grits

Ingredients

For the Butternut Squash Broth:

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| 1 2-pound Butternut Squash | 2 Yellow Onions (coarsely chopped) |
| 3 Carrots (coarsely chopped) | 2 Celery Ribs (coarsely chopped) |
| 6 smashed Garlic cloves | 1 tablespoons whole Black Peppercorns |
| 2 sprigs fresh Thyme | 1 sprig fresh Rosemary |
| 2 fresh or dried Bay Leaves | 1 quart water or stock |

For the Butternut Squash Grits:

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| 1 1/4 cups Whole Milk | Kosher Salt |
| 1 cup Stone-Ground Grits | 2 teaspoons Extra Virgin Olive Oil |
| 1 1/2 tablespoons Unsalted Butter | 2 tablespoons Heavy Cream |
| 2 tablespoons chopped fresh Herbs (preferably a mixture of Parsley; Rosemary; and Thyme) | |

Directions

1. To make the broth: Trim and peel the squash, then cut in half lengthwise and scoop out the seeds, reserving the peel, seeds and strings. Cut enough of the flesh into 1/4-inch dice to measure 1 1/2 cups. Reserve. Coarsely chop the remaining flesh.
2. In a very large saucepan, combine the remaining flesh, peel, seeds and strings and the onions, carrots, celery, garlic, peppercorns, thyme, rosemary, bay leaves and stock. Add enough water to cover the vegetables by 3 inches, about 3 quarts of liquid total. Bring to a boil, then reduce the heat to maintain a steady simmer. Simmer uncovered for 1 1/2 hours. Strain through a fine-mesh sieve, pressing on the solids to extract as much liquid as possible. Reserve 1 1/4 cups for the grits and refrigerate the remaining broth for up to 3 days or freeze for up to 3 months.
3. To make the grits: In a large saucepan, combine the milk and squash broth and generously season with salt. Whisk the grits into the cold liquid then continue whisking while bringing to a boil over medium-high heat. As soon as the mixture comes to a boil, reduce the heat to maintain a light simmer. Continue cooking, whisking frequently, until the grits are soft and creamy and most of the liquid has been absorbed, about 30 minutes. If the mixture become dry before the grits soften, add more squash broth.
4. While the grits are cooking, in a large bowl, toss the diced squash with the oil until evenly coated. Season with salt. Heat a large skillet over medium heat. When the pan is hot, add a single layer of the squash and cook, tossing occasionally, until browned and tender, about 4 minutes. Add a little more oil to the pan if the squash is sticking. Transfer to a half sheet pan. Repeat with the remaining squash. Stir the butter, cream, and herbs into the grits until the butter melts. Top grits with squash.