WPL Cookbook Club

Pumpkin & Squash Recipes

Thank you to everyone who shared pumpkin and squash recipes this month!
Below are the recipes we discussed. Enjoy!

Next Club Date:

November 12, 12 PM

Holiday Side Dishes

Karen B.'s Lentil Pumpkin Soup

Karen B. advises cutting the potatoes smaller than 1 inch. From Taste of Home.

Ingredients

- 1 pound red potatoes (about 4 medium), cut into 1-inch pieces
- 1 can (15 ounces) pumpkin
- 1 cup dried lentils, rinsed
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 teaspoon ground ginger
- 1/2 teaspoon pepper
- 1/8 teaspoon salt
- 2 cans (14-1/2 ounces each) vegetable broth
- 1-1/2 cups water

Directions

1. In a 3- or 4-qt. slow cooker, combine all ingredients. Cook, covered, on low for 7-9 hours or until potatoes and lentils are tender.

Amy S.'s Baked Delicata Squash With Lime Butter

Amy also recommends this recipe with sweet dumpling squash. From Allrecipes.

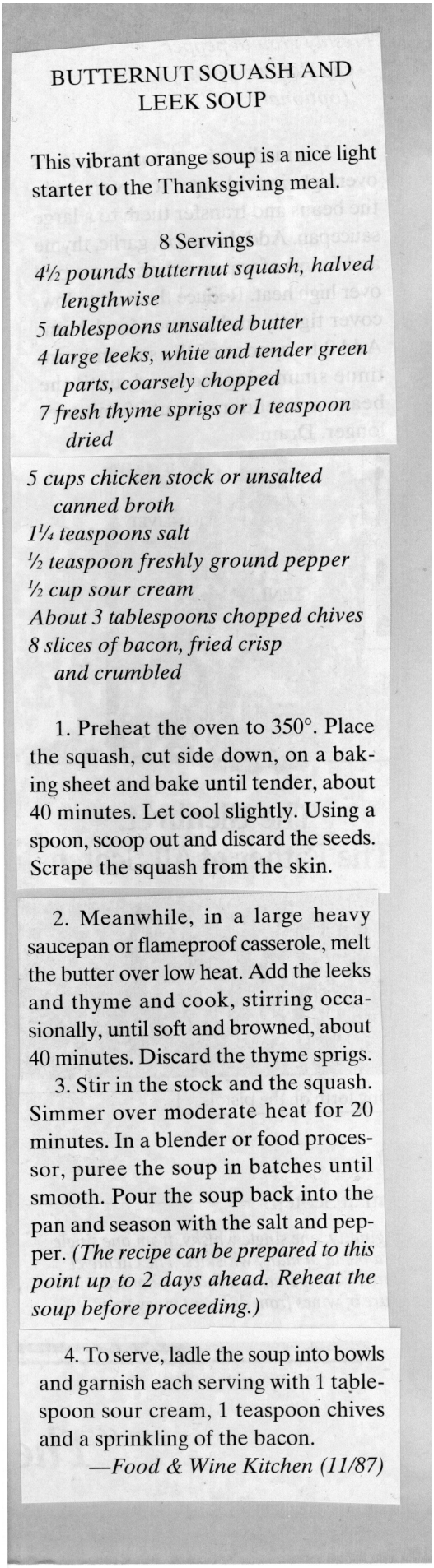
Ingredients

- 2 delicata squash, halved and seeded
- 3 tablespoons butter, softened
- 1 tablespoon fresh lime juice
- 1 teaspoon chili powder, or to taste
- ½ teaspoon lime zest (Optional)
- salt and ground black pepper to taste

Directions

- Preheat oven to 350 degrees F (175 degrees C). Place the squash cut side down into a baking dish. Pour water into the dish to about 1/4 inch deep.
- Bake in preheated oven until the squash pierces easily with a fork, about 30 minutes.
- Meanwhile, blend the butter with the lime juice and chili powder in a small bowl. Mix in the lime zest, if desired. Season to taste with salt and pepper. Spoon the butter mixture into the cooked squash, and serve immediately.

Susan's F.'s Butternut Squash and Leek Soup



BUTTERNUT SQUASH AND LEEK SOUP

This vibrant orange soup is a nice light starter to the Thanksgiving meal.

8 Servings

4½ pounds butternut squash, halved lengthwise
5 tablespoons unsalted butter
4 large leeks, white and tender green parts, coarsely chopped
7 fresh thyme sprigs or 1 teaspoon dried
5 cups chicken stock or unsalted canned broth
1¼ teaspoons salt
½ teaspoon freshly ground pepper
½ cup sour cream
About 3 tablespoons chopped chives
8 slices of bacon, fried crisp and crumbled

1. Preheat the oven to 350°. Place the squash, cut side down, on a baking sheet and bake until tender, about 40 minutes. Let cool slightly. Using a spoon, scoop out and discard the seeds. Scrape the squash from the skin.

2. Meanwhile, in a large heavy saucepan or flameproof casserole, melt the butter over low heat. Add the leeks and thyme and cook, stirring occasionally, until soft and browned, about 40 minutes. Discard the thyme sprigs.

3. Stir in the stock and the squash. Simmer over moderate heat for 20 minutes. In a blender or food processor, puree the soup in batches until smooth. Pour the soup back into the pan and season with the salt and pepper. *(The recipe can be prepared to this point up to 2 days ahead. Reheat the soup before proceeding.)*

4. To serve, ladle the soup into bowls and garnish each serving with 1 tablespoon sour cream, 1 teaspoon chives and a sprinkling of the bacon.

—Food & Wine Kitchen (11/87)

Lyn's Pumpkin Chocolate Chip Muffins

From Dinner At The Zoo

Ingredients

- 2 eggs
- 1 cup granulated sugar
- 1 cup pumpkin puree
- 3/4 cup vegetable oil
- 1 1/2 cups all purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 1/2 teaspoons pumpkin pie spice
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/2 cups semisweet chocolate chips divided use
- cooking spray

Instructions

- Preheat the oven to 400 degrees F. Coat a 12 cup muffin tin with cooking spray, or you can use paper liners.
- Place the eggs, sugar, pumpkin puree and oil in a bowl. Whisk until smooth.
- Add the flour, baking soda, baking powder, pumpkin pie spice, vanilla extract and salt to the bowl. Stir until just combined.
- Fold in 1 cup of chocolate chips.
- Divide the batter evenly among the 12 muffin cups and sprinkle the remaining chocolate chips over the tops of the muffins.
- Bake for 15 minutes, or until lightly browned and a toothpick inserted in the center of a muffin comes out clean.
- Cool for 5 minutes in the pan, then transfer the muffins to a wire rack to cool completely.
- Serve, or store the muffins in an airtight container for up to 5 days.

Interested in making your own pumpkin puree? Lyn recommends the method here: https://www.abeautifulplate.com/homemade-roasted-pumpkin-puree/

Amy S.'s Healing Thai Butternut Squash Lentil Soup

From Ambitious Kitchen. Amy made this recipe with a red kuri squash rather than a butternut squash.

Ingredients

- ½ tablespoon coconut oil or olive oil
- 3 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 yellow onion, diced
- 1 large carrot, thinly sliced or diced
- 1 medium (2 pound) butternut squash, peeled and cubed (about 5-6 cups diced)
- 1 tablespoon yellow curry powder
- 1 tablespoon freshly grated turmeric (or 1 teaspoon ground turmeric)
- 1 (15 ounce) can light coconut milk
- 3 cups organic low sodium vegetarian broth
- 1 cup green or brown lentils, rinsed and sorted
- 2 tablespoons all natural creamy peanut butter or cashew butter
- ¾ teaspoon salt, plus more to taste
- Freshly ground black pepper
- 3 cups organic spinach

Instructions

- Add coconut oil oil to a large pot or dutch oven and place over medium high heat. Next add in garlic, ginger and onion and saute for 3-5 minutes until onion begin to soften.
- Add in carrot and butternut squash cubes; saute for a few more minutes then add in the yellow curry powder and turmeric. Allow spices to cook together for 30 seconds then immediately stir in coconut milk, vegetarian broth, lentils and peanut butter. Season with salt and pepper.
- Bring soup to a boil, then cover, reduce heat to low and allow soup to simmer for 20 minutes until lentils soften.
- After 20 minutes, transfer approximately half of the soup (about 3 cups) to a blender. It's very important to protect your hands from steam and a potential heat explosion, so please place a clean dish towel over the lid and puree the soup until smooth. I like to start slow, then gradually increase the speed of the blender.
- Pour the puree back into the pot with the rest of the soup and stir to combine. Finally stir the fresh spinach until just wilted.
- Taste and adjust the seasoning of the soup as necessary. If you like more of a umami flavor try adding another tablespoon of peanut butter, or even a squeeze of fresh lime juice. This is a soup that can do no wrong! I like to serve mine with cilantro and a handful of peanuts -- it's also great with a little hot sauce if you prefer a little spice!

Robin's Butternut Squash Lasagna

From Giada De Laurentiis

Ingredients

- 1 tablespoon olive oil
- 1 (1 1/2 to 2-pound) butternut squash, peeled, seeded, and cut into 1-inch cubes
- Salt and freshly ground black pepper
- 1/2 cup water
- 3 amaretti cookies, crumbled
- 1/4 cup butter
- 1/4 cup all-purpose flour
- 3 1/2 cups whole milk
- Pinch nutmeg
- 3/4 cup (lightly packed) fresh basil leaves
- 12 no-boil lasagna noodles
- 2 1/2 cups shredded whole-milk mozzarella cheese
- 1/3 cup grated Parmesan

Instructions

- Heat the oil in a heavy large skillet over medium-high heat. Add the squash and toss to coat. Sprinkle with salt and pepper. Pour the water into the skillet and then cover and simmer over medium heat until the squash is tender, stirring occasionally, about 20 minutes. Cool slightly and then transfer the squash to a food processor. Add the amaretti cookies and blend until smooth. Season the squash puree, to taste, with more salt and pepper.
- Melt the butter in a heavy medium-size saucepan over medium heat. Add the flour and whisk for 1 minute. Gradually whisk in the milk. Bring to a boil over medium-high heat. Reduce the heat to medium and simmer until the sauce thickens slightly, whisking often, about 5 minutes. Whisk in the nutmeg. Cool slightly. Transfer half of the sauce to a blender*. Add the basil and blend until smooth. Return the basil sauce to the sauce in the pan and stir to blend. Season the sauce with salt and pepper, to taste.
- Position the rack in the center of the oven and preheat to 375 degrees F.
- Lightly butter a 13 by 9 by 2-inch glass baking dish. Spread 3/4 cup of the sauce over the prepared baking dish. Arrange 3 lasagna noodles on the bottom of the pan. Spread 1/3 of the squash puree over the noodles. Sprinkle with 1/2 cup of mozzarella cheese. Drizzle 1/2 cup of sauce over the noodles. Repeat layering 3 more times.
- Tightly cover the baking dish with foil and bake the lasagna for 40 minutes. Sprinkle the remaining mozzarella and Parmesan cheeses over the lasagna. Continue baking uncovered until the sauce bubbles and the top is golden, 15 minutes longer. Let the lasagna stand for 15 minutes before serving.
- *When blending hot liquids: Remove liquid from the heat and allow to cool for at least 5 minutes. Transfer liquid to a blender or food processor and fill it no more than halfway. If using a blender, release one corner of the lid. This prevents the vacuum effect that creates heat explosions. Place a towel over the top of the machine, pulse a few times then process on high speed until smooth.

Robin’s Dried Cranberry and Squash

From Food.com

Ingredients

- 2 acorn squash
- 1/4 cup butter or margarine
- 1/2 cup unsweetened cranberries
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon

Instructions

- Preheat oven to 375f.
- Cut the squash in half, scoop out the seeds & fiber.
- Place cleaned squash cut side up in an oven proof dish. If they are a bit wobbly take a small slice off the bottom.
- Mix the butter, cranberries, sugar & cinnamon together, divide and place in each of the squash cavities.
- Cover with foil and bake for 45 minutes to an hour or until the squash is tender.The time will depend on the size of the squash.
- Uncover and broil 8" from broiler to give them a finished golden look - watch you do not burn them (this only takes apprx 10 minutes.

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Robin's Beef Ragu with Spaghetti Squash with Garlic Bread

From Fine Cooking

Ingredients

1/4 baguette, halved lengthwise
1-1/2 Tbs. unsalted butter, melted
6 medium cloves garlic
Kosher salt and freshly ground black pepper
1 small (2-1/2-lb.) spaghetti squash, halved lengthwise and seeded
1 Tbs. extra-virgin olive oil
1 lb. lean ground beef
1 small yellow onion, finely chopped
One 15-oz. can crushed tomatoes
1/4 cup coarsely chopped fresh basil
1/4 cup freshly grated Parmigiano-Reggiano

Instructions

I didn't have a subscription to get in, but I'm sure Robin could share!

Karen T.'s Butternut and Apple Harvest Soup

From All Recipes. Karen T. substituted curry for nutmeg.

Ingredients

- 2 tablespoons butter
- 2 large leeks (white and pale green parts only), chopped
- 1 large onion, chopped
- 1 large potato, peeled and cubed
- 2 cups cubed butternut squash
- 1 cup diced carrots
- 1 Granny Smith apple, peeled, cored, and sliced 1/4-inch thick
- 1 quart chicken stock
- ¼ cup dry white wine (Optional)
- ½ cup light cream
- ¼ teaspoon ground nutmeg
- salt and pepper to taste
- 2 tablespoons chopped chives

Instructions

- Melt butter in a large pot over medium heat. Stir in leeks and onions, and cook until the onion softens and turns translucent, about 5 minutes. Add potato, squash, carrots, apple, and chicken stock. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the vegetables are soft, about 20 minutes.

- Carefully puree the soup in batches in a blender, or use a stick blender to puree the soup right in the pot. Once the soup has been pureed, return it to the pot and stir in wine and cream. Season with nutmeg, salt, and pepper; simmer gently for 5 minutes. Ladle into bowls and garnish with chopped chives.