



Squash recipes

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The mission of Native Seeds/SEARCH (Southwestern Endangered Aridland Resources Clearing House) is to conserve, distribute, and document the adapted and diverse varieties of agricultural seeds, their wild relatives and the role these seeds play in cultures of the American Southwest and Northwest Mexico.

The versatile fruits of the *Cucurbita moschata*, *Cucurbita maxima*, and *Cucurbita argyrosperma* var. *mixta* can be enjoyed throughout the year. Although these hard-shelled winter squashes store well, you can also prepare them for use in soups, breads, pies, and muffins. For any recipe that calls for “canned pumpkin” your prepared squash puree will be a tasty substitute.

Prepare your squash by first cutting the whole squash in half and removing the seeds. It can then be baked in a 350-degree oven. Depending on size, it may take up to an hour. The flesh should be soft and pliable. After cooling, the flesh can be scooped out and pureed in the blender or food processor. Avoid adding extra water. The prepared squash can then be frozen. For more concentrated flavor, you may want to strain the pulp in a thin cloth placed in a strainer. Place a weighted bowl or plate over this to force the extra water out. The pulp will be darker and richer. The excess water can be utilized in soups or stocks.

The squash can also be steamed. If the fruits are not large, it is easy to chunk and steam on top of the stove.

Mexican Soup

- 1 small onion, chopped
- ¼ cup sliced celery
- 2 Tablespoons butter
- 4 cups chicken or vegetable broth
- 1 dried whole red chile
- 1 ½ cups peeled, diced squash
- 1 package frozen whole-kernel corn

Sauté onion and celery in butter until soft. Combine broth, onion, celery and red chile and heat to boiling. Add squash and cook until tender. Add corn and cook five minutes. Remove chile before serving. Serve sprinkled with grated cheese and/or squash seeds.

Squash, Chile, and Turkey Skillet

- 1 medium squash
- 1-pound ground turkey
- 1 large onion, chopped
- 6 mild green chiles, peeled and chopped
- 1 teaspoon Mrs. Burns' Lemon Basil
- 1 teaspoon Mt. Pima Oregano
- 1 teaspoon cumin

Boil cut up squash 15 minutes. Cool and peel. Fry turkey with onions and seasoning. Add cubed squash and chiles. Cook until squash is tender. (*Substitute tomatoes and cheese for turkey for a tasty vegetarian dish.*)

Squash Coffeecake

- ½ cup butter
- ½ cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup sour cream or yogurt
- 2 cups cooked and pureed squash
- 1 slightly beaten egg
- ¼ cup sugar
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg

Streusel topping: Cut 1 cup brown sugar, 1/3 cup butter and 2 teaspoons cinnamon together until blended. Stir in 1 cup chopped nuts.

Cream butter, ½ cup sugar and vanilla in mixer bowl. Add 3 eggs, beating well. Combine flour, baking powder, and baking soda. Add dry ingredients to butter mixture, alternately with sour cream. Combine squash, beaten egg, ¼ cup sugar and spices. Spoon half of batter into 13x9x2 inch baking dish; spread to corners. Sprinkle half of streusel over batter. Spread squash mixture over streusel. Carefully spread remaining batter over squash mixture. Sprinkle remaining streusel over top. Bake in 325-degree oven for 50-60 minutes or until toothpick inserted in center comes out clean. Makes 12 servings.

Honey-Wheat Squash Muffins

- 1 cup cooked and pureed squash
- 1 cup milk
- ¼ cup butter, melted
- ¼ cup honey
- 1 egg, beaten
- 1 cup whole-wheat flour
- 1 cup unbleached flour
- ¼ cup sugar
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon mace
- ½ cup sunflower seeds or raisins

Combine squash, milk, butter, honey, and egg. Mix well. Combine flours, sugar, baking powder, and nuts. Add to squash mixture, mixing just until moist. Spoon into greased muffin pans. Bake in 400-degree oven for 15 minutes.

Squash Flan

- ½ cup sugar (*turbinado works best*)
- 6 eggs
- 2 cups milk
- ½ cup pureed squash
- ½ cup sugar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Melt ½ cup sugar in small frying pan over medium heat. Stir constantly with wooden spoon until sugar melts. Once melted, sugar caramelizes quickly. Pour immediately into 1 quart heat-proof mold or pie pan. Tilt to allow sugar to coat bottom and slightly up the sides. Set dish aside.

Mix together other ingredients; beat with rotary beater or in a blender until smooth. Pour into caramelized sugarcoated pan. Place pan in a larger shallow pan partially filled with hot water and set in a 350-degree oven. Cook for 1 hour. Cool and store in refrigerator.

To serve, loosen sides of flan by running knife around the edge. Invert plate over top of custard and shake gently. Hold plate in place over top of custard and invert. Custard will slip easily onto plate. Caramel coating will then be top. Serves six.

Honey-Wheat Squash Muffins

- 1 cup cooked and pureed squash
- 1 cup milk
- ¼ cup butter, melted
- ¼ cup honey
- 1 egg, beaten
- 1 cup whole-wheat flour
- 1 cup unbleached flour
- ¼ cup sugar
- 1 Tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ¼ teaspoon mace
- ½ cup sunflower seeds or raisins

Combine squash, milk, butter, honey, and egg. Mix well. Combine flours, sugar, baking powder, and nuts. Add to squash mixture, mixing just until moist. Spoon into greased muffin pans. Bake in 400-degree oven for 15 minutes.

Squash Pecan

- 1 ¼ cups oats
- 1 cup flour
- 1/3 cup chopped pecans
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon baking soda
- ½ teaspoon nutmeg
- 1 cup cooked and pureed squash
- ¾ cup brown sugar
- ½ cup oil
- ¼ cup milk
- 1 egg
- 1 teaspoon vanilla

Streusel Topping

- ¼ cup oats
- ¼ cup flour
- ¼ cup brown sugar
- 3 Tablespoons chopped pecans
- 1 teaspoon cinnamon
- ¼ cup butter, softened

Combine dry ingredients; add squash, brown sugar, oil, milk, egg, and vanilla, stirring just until moistened. Fill prepared muffin cups ¾ full.

Combine remaining ingredients; mix until crumbly. Sprinkle evenly over muffins. Bake 15 to 20 minutes in 400-degree oven. Makes 18 muffins.

Cranberry Squash Bread

- 2 slightly beaten eggs
- 1 cup sugar
- ½ cup oil
- 1 cup cooked and pureed squash
- 2 ¼ cups flour
- 2 teaspoons cinnamon
- 1 teaspoon nutmeg
- ½ teaspoon allspice
- ¼ teaspoon ginger
- 1 teaspoon baking soda
- 1 cup chopped cranberries

Combine eggs, sugar, oil, pumpkin, and cranberries; mix well. Combine flour, spices, soda in large bowl; make well in center. Pour pumpkin mixture into well; stir just until dry ingredients are moistened. Spoon batter into 2 greased and floured 8x3 3/4x2 ½ inch loaf pans. Bake 1 hour in 350-degree oven.