

Butternut Squash Puree by Chef Josh



Plan Z Phases: This is a Z3.5 (ZReboot 3.5) recipe.

Servings: Serves 4

This is an amazing side dish. Bring this to a holiday event or potluck and serve this instead of mashed potatoes. It's rich, creamy and easy to make. Your guests will love it.

Ingredients:

- 1 large organic butternut squash
- 4 Tbl unsalted butter
- 1 cup of cream
- 2 Tbl organic maple syrup, grade B
- salt & white pepper to taste

Instructions:

Preheat your oven to 425 degrees.

Split your butternut squash in half lengthwise. Scrape out any seeds and discard them. Place face down on a parchment paper lined sheet tray and place in the oven.

Roast for an hour or until the skin is browned and gives when pushed with a wooden spoon.

Remove from the oven, flip over, and cool.

Carefully scoop out the flesh. You'll throw away the skin.

Prior to serving, place the butternut squash flesh in a blender with the cream and puree. Let this run for a few minutes to get the smoothest possible puree. Scrape the sides of the blender and puree again for another 30 seconds. Pour into a tall sided sauce pan.

Turn the heat on medium high and stir in the butter, maple syrup, salt and white pepper.

Check for seasoning and consistency. I love my purees to be smoother than mashed potatoes but not sauce-like. They should have a little bit of hold to them on a spoon or plate.

Serve butternut squash puree with ANY roasted meat, particularly pork or chicken. This would also go well with braised short ribs. Other additions could be a sage leaf or two for a garnish. I use white pepper because of its ability to blend into the puree without causing any black flecks to be seen throughout the golden orange color.

Chef Josh