

Delicata Squash With Rosemary, Sage, And Cider Glaze

Epicurious | March 2000

Jerry Traunfeld

The Herbfarm Cookbook



This is my favorite way to cook winter squash. You peel, and slice it, then cook it in a skillet with cider and winter herbs. When most of the liquid boils away, the cider forms a tart-sweet glaze around the now-tender squash.

Delicata is a wonderfully firm-textured squash that's not too sweet and almost like a potato. Other varieties like acorn, turban, or kabocha will make good substitutes, but they may not hold their shape quite as well through the braising.

Yield: Makes 6 servings

ingredients

2 medium delicata squash (about 2 pounds) or other firm winter squash
3 tablespoons unsalted butter
1/4 cup very coarsely chopped fresh sage
1 tablespoon coarsely chopped fresh rosemary
1 1/2 cups fresh unfiltered apple cider or juice
1 cup water
2 teaspoons sherry vinegar

1 teaspoon salt
Freshly ground black pepper

preparation

- 1. Squash.** If using delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Cut each piece lengthwise in half again, then crosswise into 1/2-inch-thick slices. Other types of squash should be peeled with a chef's knife, seeded, cut into 1-inch wedges, then sliced 1/2-inch thick.
- 2. Herb Butter.** Melt the butter in a large (12-inch) skillet over low heat. Add the sage and rosemary and cook, stirring, until the butter just begins to turn golden brown, 3 to 5 minutes. Do not brown the herbs. Cooking the herbs in butter mellows their flavor and improves their texture.
- 3. Cooking the squash.** Add the squash to the skillet, then the apple cider, water, vinegar, and salt. Cook, stirring occasionally, over medium heat at an even boil until the cider has boiled down to a glaze and the squash is tender, 20 to 30 minutes. Taste and season with pepper, and additional salt if needed.

Source Information

The Herbfarm Cookbook by Jerry Traunfeld. Copyright ©2000 by Jerry Traunfeld. Reprinted by permission of Scribner, a division of Simon & Schuster, Inc.