

# Acorn Squash – not just for decorating

- My Chef Lara

I love the fall for its leaves but especially for its food! There is nothing like the warm smells of slow roasting beef brisket or fabulous soups and the best accompaniment to almost any fall food is squash!

We are all very familiar with butternut squash but I have found that people are a little bit stymied by acorn squash. Many people use it for decorating their fall tables but acorn squash is a fabulous cooking squash and it is now exactly in season.

Below are some tips regarding this wonderful gourd:

- **In Season:** Acorn squash is at its peak in the fall, from early October through December, though many supermarkets carry it year-round.
- **What to Look For:** With its ridged, dark-green skin, sweet yellow-orange flesh, and handy size, acorn squash is one of the most popular winter squashes. Choose acorn squash that is heavy for its size, with a hard skin free of blemishes.
- **How to Store:** The squash's sturdy exterior allows it to be stored at room temperature for up to one month, or longer if kept in a cool, dark place.

On the following pages I have provided two recipes. One is a soup recipe because “soup is good food,” and the second is a quick and easy way to prepare squash as a side dish. Experiment with acorn squash and enjoy the season!

# Roasted Acorn Squash Soup with Horseradish and Apples

Sweet, mellow acorn squash gets zing from horseradish and Granny Smith apples. This soup is also delicious when made with roasted beets or carrots in place of the squash.

## INGREDIENTS

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- 3 [acorn squash](#) (about 3 pounds total)
- 3 1/2 cups [Homemade Chicken Stock](#), or canned low-sodium chicken or vegetable broth, skimmed of fat
- 1 1/2 cups [apple](#) cider
- 1 tablespoon freshly grated [horseradish](#)
- 3/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 Granny Smith apples (about 1 pound)
- Juice of 1 [lemon](#)
- 1/4 cup coarsely chopped fresh flat-leaf parsley leaves
- Olive-oil cooking spray

## DIRECTIONS

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### 1. STEP 1

Heat oven to 450 degrees. Cut [acorn squash](#) in half lengthwise, scoop out seeds, and place, cut side down, on a baking sheet coated with olive-oil cooking spray. [Roast](#) until tender, about 45 minutes.

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### 2. STEP 2

Combine chicken stock, [apple](#) cider, 1 teaspoon [horseradish](#), salt, and pepper in a medium saucepan, and bring to a simmer. Scoop squash flesh out of skins, and place in the bowl of a food processor. Add 1 cup hot stock mixture, and puree until smooth. Stir squash mixture into pan with remaining stock, and keep soup warm.

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### 3. STEP 3

Peel and core apples, and cut into 1/4-inch dice. Transfer to a small bowl, add [lemon](#) juice and remaining 2 teaspoons [horseradish](#), and toss to combine. Heat a medium sautepan coated with olive-oil cooking spray over medium-high heat. Add [apple](#) mixture, and saute until golden brown. Serve soup garnished with sauteed apple mixture and chopped parsley.

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Source: *Martha Stewart*

# Chili-Roasted Acorn Squash

A hot oven and chili powder turn up the heat on sweet wedges of acorn squash. Leave the skin intact; once roasted, it becomes soft and tasty.

## INGREDIENTS

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- 2 acorn squash (1 1/2 pounds each), halved lengthwise, seeds removed
- 2 tablespoons olive oil
- 2 teaspoons chili powder
- Coarse salt and ground pepper

## DIRECTIONS

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### 1. STEP 1

Preheat oven to 450 degrees. Cut each squash half into several wedges, then halve wedges crosswise.

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### 2. STEP 2

On a large rimmed baking sheet, toss squash with oil and chili powder; season with salt and pepper, and toss again. Roast until tender and starting to brown, 20 to 25 minutes, tossing halfway through.

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*Source: Martha Stewart*