



Although a winter squash it is now available all year round in supermarkets. It looks like a large, smooth, cylindrical peanut with a slightly bulbous base.

These can be stored whole in a cool pantry. Once cut, then store in the fridge in a polythene bag. Peel off the hard, pale butterscotch-brown skin before cooking and remove the seeds (these tend to be in the bulbous base). The flesh is cut into chunks before cooking, it is lovely just roasted since it has a sweet flavour but can also be added to stews and soups.



**Caramelised Butternut Squash with
Orange Sauce**
Preparation and cooking time: about 30 minutes

serves

4

Ingredients

- 1 butternut squash, peeled, seeds removed and cut into 1cm (1/2 inch) slices
- 4 x 15ml spoons light brown sugar
- 25g unsalted butter
- 3 large oranges, using the zest and juice of 1 orange and the remaining 2 pared
- 2 x 5ml spoons Cointreau (optional)
- 15g pack mint, for garnishing

Method

- Place the butternut squash slices into a non-metallic dish, then sprinkle over the sugar and leave for approximately 30 minutes.
- Pare the oranges by cutting off the peel then slicing out the segments by cutting next to the membrane.
- In a large frying pan heat the butter, then add the butternut squash slices and fry for 2-3 minutes on each side, remove and put to one side.
- Finally place the juice, zest, pared orange and Cointreau into the frying pan and cook for approximately 1-2 minutes before returning the butternut squash slices and heating through for a further 1-2 minutes.

Serve immediately garnished with fresh mint sprigs.