



Greenmarket Recipe Series

CIDER-GLAZED DELICATA SQUASH W/ ROSEMARY AND SAGE

Recipe from *The Herbfarm Cookbook* by Jerry Traunfeld

Delicata is a wonderfully firm squash that is similar to a potato and not too sweet. Varieties like acorn, turban, or kabocha squash will make good substitutes.

Serves 6

Ingredients

- *2 medium Delicata squash (about 2 pounds) or other firm winter squash
- *3 tablespoons unsalted butter
- *1/4 cup fresh sage, coarsely chopped
- *1 tablespoon fresh rosemary, coarsely chopped
- *1½ cups fresh apple cider or juice
- 1 cup water
- 2 teaspoons sherry vinegar
- 1 teaspoon salt
- Freshly ground black pepper to taste

* Ingredients available seasonally at your neighborhood Greenmarket

Instructions

1. If using Delicata squash, peel it with a vegetable peeler, cut it lengthwise in half, and scrape out the seeds with a spoon. Save seeds for roasting!
2. Cut each piece lengthwise in half again, then crosswise into ½ inch-thick slices. Other types of squash should be peeled, seeded, cut into 1-inch wedges, then sliced ½ inch thick.
3. 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.
4. Add the squash to the skillet, then the apple cider, water, vinegar, and salt.
5. 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.
6. Taste and season with pepper, and additional salt if needed.

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