



The Edible Garden

Recipe featured at the *Cooking for the Season* demonstration,
October 14

Winter Squash Tart

By: Kevin Archer, Director of Compassionate Cuisine Program
at the Catskill Animal Sanctuary

Ingredients (*Makes 1 10-inch tart*)

3 pounds butternut, acorn, or other winter squash
Olive oil
Sage, dried
8 ounces soft tofu
1 cup coconut milk
1 teaspoon cinnamon
½ teaspoon mace or nutmeg
¼ teaspoon garlic powder
½ teaspoon onion powder
¼ teaspoon white pepper
1 teaspoon sea salt
1 10-inch tart shell (see below)
Maple Currant Glaze (see below)

Instructions

1. Heat the oven to 450° Fahrenheit. Cut the squash in half and scoop out the seeds. Coat it lightly with oil and dried sage and then roast for 45 minutes, or until soft.
2. Reduce the oven to 375° Fahrenheit. Scoop the squash out of peel. Place into food processor with tofu, coconut milk, cinnamon, mace, garlic powder, onion powder, white pepper, and salt. Process till very smooth.
3. Fill the tart shell with squash and smooth over the top. Spread the Maple Currant Glaze evenly over the squash filling. Bake at 375° for 30 minutes. Cool slightly before serving.

For the tart shell:

Ingredients

½ cup whole wheat pastry flour
1/8 teaspoon sea salt
5 teaspoons olive oil
¼ cup water

Instructions

1. Combine the flour and salt in bowl and mix well. Cut in the olive oil with your fingers. Work the flour until the oil is fully incorporated
2. Add the water 1 tablespoon at a time, mixing gently by hand. Use only enough water to form dough into a ball. Cover and let rest for 30 minutes prior to using.

For the Maple Currant Glaze:

Ingredients

1 tablespoon olive oil
½ cup onion diced
¼ cup maple syrup
¼ cup currants
½ cup water

Instructions

1. Warm the olive oil in a sauté pan over low flame. Add the diced onion and sauté gently until clear. Set aside.
2. Place the maple syrup, currants, and water in a small saucepan. Simmer for 15 minutes.
2. Blend the sautéed onion into the blended syrup. Use to coat the winter squash tart.