

NYBG

SENSATIONAL SEEDS CHEF RECIPES



CANDIED SQUASH WITH WHIP CREAM

Prepared by Carolina Saavedra of La Morada
Sensational Seeds Weekend
Serves 4

Candied Squash

Ingredients

- 2 pounds Nanticoke, Pumpkin, Long Island Cheese
- 3 tablespoons of sugar
- 2 cinnamon sticks
- 3 cloves
- Water

Toppings:

- ½ cup honey or agave
- ½ cup pepitas

Whipped Cream

Ingredients

- 1 cup of heavy (whipping) cream
- 2 tablespoons of powdered sugar
- ½ teaspoon of vanilla extract
- one jar with lid

Instructions

Wash, remove seeds, and cut squash into one-inch slices. In a medium sauce pan add your squash slices, 2 cinnamon sticks, 3 cloves, sugar, and water until squash are fully covered. With medium to high heat bring your water to a boil. Once boiling lower the heat to medium to low and allow your water to simmer until there is at most a quarter amount of water from the amount you originally started with and your squash is fork tender. Turn off fire. Drizzle and stir in either agave or honey and allow your squash to rest for at least ten minutes. Serve your squash on a bowl and drizzle additional agave or honey, top with whip cream and pepitas, and enjoy.

Whipped Cream Instructions

Place all ingredients in a jar and close it tightly. Shake the jar until liquid turns into a cream.