

Autumn Frost Squash Recipes

Autumn Frost squash is known for its sweet, smooth and butternut-like flavor. It can be substituted into any recipe that calls for butternut squash.

Autumn Frost Velouté with Seared Scallops

Source: University of British Columbia Farm, www.ubcfarm.ubc.ca/market

Ingredients

- 1 medium Autumn Frost squash
- 2 shallots
- 3 cloves garlic
- 80 ml white wine
- 50 ml olive oil
- 200 ml heavy cream
- 800 ml chicken stock
- 10 ml maple syrup
- 3 scallops for appetizer, 5 for main (sub oyster mushroom rounds for vegetarian option)
- Salt and pepper, to taste
- 1 lemon wedge
- 10 chives

Instructions

1. Cut squash in half & deseed, coat in olive oil, salt & pepper and roast skin side up until tender approx. 30 min at 350F. Allow to cool slightly, remove flesh from skin with spoon and set aside
2. Dice shallots & crush garlic, sweat in medium pot on low heat in a generous amount of olive oil. Before browning occurs add white wine and simmer until 90% evaporates
3. Add squash into pot and cover with stock, bring to simmer & add cream. Allow to simmer for 30 min, ensure that squash stays covered by liquid, add water if needed. Add salt & pepper to desired taste.
4. Using a food processor, blend until smooth, texture should be velvety
5. Stir or blend in maple syrup to your taste
6. Sear scallops or mushroom rounds in a pan at high heat, remove from heat and squeeze on lemon juice
7. Finely chop chives for garnish
8. In a wide bowl, place a large ladle of squash velouté, arrange scallops on top & garnish with chives

