

ROASTED VEGETABLES

Time for roasted vegetables for Volume II! As with roasted vegetables in Volume I, the ones I have listed in the section are what have worked for me, but your mileage may vary, so find what works for you!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Vegetable of Choice
AR	-----	Extra Virgin Olive Oil (EVO)
AR	-----	Light Virgin Olive Oil (LVO)
AR	-----	Kosher Salt
AR	-----	Black Pepper
AR	-----	Other Seasonings of Choice

Everything is AR because it really depends on how much you have and how much seasoning you like. As far as the Extra Virgin Olive oil goes..., well some will tell you that it is wasted in higher temperature cooking, but I tried it and really liked it. I am woefully ignorant when it comes to the differences between the various types and brands, so experiment and find what you like! You might find that you like different olive oils for different vegetables.

SPECIAL TOOLS

- Cleaver [i]

GENERAL NOTES

- i. I suppose a good sharp knife might work too, but I find a good, heavy, cleaver is FANTASTIC for dealing with squash

BUTTERNUT SQUASH

PREPARATION

I bought one of these a little while ago, not quite sure what I wanted to do with it, but they keep well, so I had time to decide. I played this one by ear, but WOW did it turn out great!

- 1) Heat oven to 400 deg. F
- 2) Rinse the squash and pat dry
- 3) Cleaver down the middle length-wise
- 4) Scoop out the seeds
- 5) Slice into ~1 inch slices width-wise

- 6) Slice rind off of all slices
- 7) Cut into large-bite-sized pieces [i]
- 8) Lightly grease a ½ sheet pan with LVO
- 9) Toss squash in glass bowl with EVO
- 10) Toss in kosher salt, fresh ground black pepper, and / or your seasonings of choice
- 11) Spread squash on ½ sheet pan [ii]
- 12) Put in oven and set timer for 30 minutes
- 13) At the end of 30 minutes, pull the squash and stir with a wood spoon
- 14) Put back on oven and set timer for 10 minutes
- 15) At the end of 10 minutes, pull the squash and stir with a wood spoon
- 16) Repeat steps 14 and 15 until the squash is fork tender and forms a nice light crust [iii, iv]
- 17) Pull squash and let sit for a few minutes
- 18) Plate
- 19) ENJOY!!!

NOTES

- i. Try to keep the pieces ROUGHLY equal sized, but don't obsess over it
- ii. At first, I thought putting an entire squash on ½ sheet pan was crowding, but it actually worked out really well in the end
- iii. It took me a total of 60 minutes in the oven
- iv. If you like it a bit darker, add a few minutes. Not so much? Subtract a few minutes

ACORN SQUASH

PREPARATION

I was so impressed with the Butternut Squash that I decided to try the same method with the acorn squash. Yes, I do have the “Ring of Squash” recipe, but I was curious.

- 1) Heat oven to 400 deg. F
- 2) Rinse the squash and pat dry
- 3) Cut (I highly recommend using the cleaver) into about 1 inch slices cross-wise
- 4) Scoop out the seeds from each slice and from the ends
- 5) Cut a hole in the end pieces about the same size as the holes in the ring pieces, but maybe a tad smaller
- 6) Slice the skin off the rings with a goal of minimizing the amount of flesh you take with it [v]
- 7) Cut into large-bite-sized pieces [i]
- 8) Lightly grease a ½ sheet pan with LVO
- 9) Toss squash in glass bowl with EVO
- 10) Toss in kosher salt, fresh ground black pepper, and / or your seasonings of choice
- 11) Spread squash on ½ sheet pan [ii]
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- 13) At the end of 30 minutes, pull the squash and stir with a wood spoon

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NOTES

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- ii. At first, I thought putting an entire squash on ½ sheet pan was crowding, but it actually worked out really well in the end
- iii. It took me a total of 60 minutes in the oven
- iv. If you like it a bit darker, add a few minutes. Not so much? Subtract a few minutes
- v. Yes, this is a pain in the ass, BUT it will result in a better end product. You can also leave the skin on as we did with the "Ring of Squash", but in this case I recommend removing it