

Caramelized Acorn Squash
From The Cook's Life
Serves 4

You can bake the squash wedges ahead of time. Store in the fridge for a day or two, until you are ready to caramelize and serve them.

2 small to medium acorn squash
¼ cup water
½-1 tablespoon butter
salt, optional
pepper, optional
brown sugar or maple syrup, optional

Preheat oven to 350 degrees.

Cut squash in half and remove the seeds and strings. Cut squash into wedges, about 1½ inches wide at the widest portion. *

Arrange squash wedges in a single layer in a casserole dish. Add water and cover with the lid or foil. Bake for 15 minutes, or until they are crisp tender. A fork will go in the flesh, but not easily.

Remove squash wedges from oven and let cool until you can handle them. Peel squash. At this point you can refrigerate the squash wedges for up to a couple of days.

Heat butter in a large skillet over medium heat.

Add squash wedges, laying them on their sides in a single layer. Sprinkle lightly with salt and pepper, if desired. Let cook, undisturbed, for 5-10 minutes, or until golden brown on the bottoms. Carefully turn over and brown the other side for 5-7 minutes more.

Serve hot. Sprinkle with brown sugar or drizzle with maple syrup, if desired.

*If your squash has a particularly hard-to-cut rind, you can cut it into wedges after it bakes. You will probably have to bake the halves longer than the wedges to get them crisp tender.C