



ROASTED SQUASH GINATAAN

This dish is a staple in Filipino cuisine and is perfect for Fall and Winter. "Ginataan" translates to "cooked in milk" and traditionally this dish is a slow cooked stew of vegetables in coconut milk. Here we take the opportunity to put a spin on it as a more composed vegetable dish or side.

Serves: 4 as a side dish or 2 as a vegetarian main

Prep Time: 15 minutes

Cook Time: 40 minutes

INGREDIENTS

SQUASH GINATAAN

2 large butternut squash, peeled and cut in half lengthwise

2 small cooking onions, peeled and diced

4 cloves garlic, diced

3 tablespoons fresh ginger, peeled and grated

1 bay leaf

1.5 cups coconut cream

2 tablespoons apple cider vinegar

¼ cup canola or vegetable oil

Salt and pepper to taste

1. Preheat the oven to 350 degrees F.
2. Cut each halved squash width wise, separating the round bulb from the straighter top. Set aside the round bulb half for use later.
3. Cut each of the straight tops of the squash again in half lengthwise to make a total of 4 long rectangular pieces.
4. On a sheet tray, drizzle 2 tablespoons of oil to coat the rectangle pieces of squash. Place the squash flat side down, so it lays evenly on the pan. Roast for 30-35 minutes or until tender and caramelized.
5. Meanwhile, cube the remaining round squash bulbs into ½ inch pieces.
6. Over medium heat, add 1 tablespoon of oil in a medium pot and sauté onions, garlic and ginger until fragrant.
7. Add squash cubes and deglaze with apple cider vinegar.
8. Stir in coconut cream and bay leaf with about a ½ cup of water and bring to a low simmer.
9. Cook on low heat until the squash is tender, about 10-12 minutes.



10. Remove pot from heat and blend the mixture until a smooth puree is made (soup consistency). Season with salt and pepper to taste. Keep warm until ready to serve.
11. Check on roasted squash in the oven and remove when tender and caramelized. Keep warm until ready to serve.
12. To serve, place roasted pieces of squash on a plate. Top with squash ginataan purée, herb salad, and toasted pumpkin seeds.

**Option to serve with a side of cooked rice for a more substantial meal

INGREDIENTS

HERB SALAD

1 bunch flat leaf parsley, leaves picked
 1 bunch cilantro, leaves picked
 1 bunch mint, leaves picked
 1 cup arugula or favourite greens mix or microgreens/sprouts

1 tsp honey
 1 tsp apple cider vinegar
 3 tsp cold pressed oil, we use Pristine Gourmet cold pressed canola oil
 Salt & Pepper to season

1. In a medium bowl, combine all herbs, sprouts, and/or microgreens.
2. In a small bowl whisk together honey, oil, and vinegar until emulsified into a simple vinaigrette.
3. Pour the vinaigrette over the herb salad and toss until combined. Season with salt and pepper and serve alongside the roasted squash ginataan.

TO MAKE WITH US

Tools:

1 medium pot
 1 sheet tray (cookie sheet)
 Flat metal or rubber spatula

High speed blender or food processor
 1 medium mixing bowl
 1 small bowl

Suggested Wines:

Redstone Winery 2019 Riesling Limestone South
 Rosewood Estates 2019 Gewccci
 Organized Crime Winery 2020 Sacrilege