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stuffed butternut squash recipe

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This is a simple butternut squash recipe that we often cook for lunch in the autumn, when there are lots of them about. You can use any squash, but with butternut, it's perfect.

For 2

- 1 medium-sized butternut squash
- generous drizzle of olive oil
- salt and black pepper
- 1 teaspoon cumin seeds, freshly ground
- 2 tablespoons creme fraiche
- 3 tablespoons chopped sage (or chives)
- 2 tablespoons grated Parmesan cheese

Preheat the oven to 200 °C/gas mark 6. Cut the squash in half lengthways. Drizzle the cut flesh with olive oil and sprinkle with salt, pepper and cumin. Bake, cut side upwards and covered in foil, on a baking tray in the preheated oven for about 45 minutes. Prick it with a fork to check that the flesh is soft. If not, give it 10 minutes more.

Take the squash out of the oven, lower the oven setting to medium (180 °C/gas mark 4) and leave the squash until it is cool enough to handle.

Scoop out the seeds and stringy bits, and discard, then scoop out most of the flesh with a tablespoon into a bowl and mix this with the creme fraiche and 2 ½ tablespoons of the sage (chives are good in the summer). It is best to do this with a fork, or give the mixture a quick zap in the processor to get rid of any lumps of squash. Check the seasoning. Spoon the squash back into the empty skins.

Scatter the Parmesan and remaining herbs over the top and then bake in the oven for 15 minutes, or until the top starts to look brown and crunchy.

This recipe appears on p.374 of Sarah Raven's Garden Cookbook.



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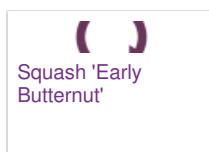


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