

Why not try...

Save the seeds of your butternut squash and try toasting them on a baking tray in the oven with a little oil. Serve with a sprinkling of salt and pepper to taste.



FESTIVE BAKING...

FOOD TO
FLOURISH

BUTTERNUT SQUASH STRAWS

SWEET OR SAVOURY!



INGREDIENTS

Makes approximately 20 straws.

320g ready-made pastry sheet (1 sheet)
100g pureéd butternut squash (see below)
10ml vegetable oil

For savoury straws

100g grated cheddar cheese

For sweet straws

3 tablespoons brown sugar
1 tablespoon ground cinnamon

METHOD

To make the butternut pureé:

Cut your butternut squash in half lengthways and remove the seeds.

Then cut the flesh into smaller pieces. Place the pieces on a greased baking tray, with a little vegetable oil, and roast until soft. This usually takes 30-40 minutes. Once soft, use a spoon to remove the skins if they're still tough and place the flesh in a blender to make the pureé. If you don't have access to a blender, add the flesh to a large mixing bowl and use a potato masher or fork to make the pureé. Leave to cool for 20 minutes.

To make the pastry straws:

1. Pre-heat the oven to 200°C and unroll the readymade pastry sheet.
2. Spread the butternut squash pureé evenly over the top of the pastry, leaving a little space around the edges.
3. For the sweet version, sprinkle 2 tablespoons of the brown sugar, and then the cinnamon, over the butternut squash pureé.
4. For the savoury version, sprinkle two-thirds of the cheddar cheese over the pureé.
5. For both versions, fold the coated pastry in half, and gently squeeze the edges shut.
6. Roll out the pastry very gently, taking care to ensure the filling doesn't escape, until it's about the same thickness as it was originally.
7. Cut into 1cm wide strips, twist a few times and place on a non-stick baking tray.
8. Scatter the remaining brown sugar or cheese depending on which version you're making over the top and bake for 15-18 minutes until golden.
9. Remove from the oven. These straws are at their best when served still warm from the oven, but they're fine the next day if allowed to cool and stored in an airtight container.

EAT THEM
TO DEFEAT THEM

DEFEAT THE
BUTTERNUT
SAVAGE
SQUASH!

Did you know...

You can grow new butternut squash plants from the seeds of a shop-bought squash. Find out how here: www.gardenersworld.com/how-to-grow-plants/how-to-grow-butternut-squash

