

SQUASH

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the skin — and then continue to cut.

MORE THAN ACORN AND BUTTERNUT

There's at least 20 different squash varieties markets like Papa Joe's Gourmet Market in Birmingham and Rochester and enough recipe suggestions to try them all.

"And in three or four weeks there'll be more," said Chef William Hall, executive chef at Papa Joe's on Woodward in Birmingham.

While Hall admits he enjoys the basic baked and buttered squash, it's exciting to showcase its versatility.

For example, he flours zucchini and sautés it. Then he adds white cheese, butter, sage and roasted red peppers for a hot or cold dish that's sold at the deli. With yellow zucchini he adds a carrot moussé to the middle. Tiny paty pans are stuffed with crab meat.

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Chef William Hall
Executive chef
Papa Joe's Gourmet Market

"Some of the dishes are sweet, but I like to make them savory too for a different variety," Hall said.

He seasons acorn squash with rosemary and stuffs with pine nuts and golden raisins. He suggests cutting Hubbard squash into strips, which is similar to pumpkin, and sautés it in butter and adding Parmesan and white truffle oil.

While squash represents American fall harvest, many of them like Turks Cap, originated in France. Still, it's the basic butternut, spaghetti squash and acorn that remains popular locally. Other varieties that can be baked in the traditional manner include:

Delicate — a sweet heirloom squash.

Buttercup squash — it's consistency and flavor is somewhat peanut butter like.

Cusaw White or Jonathan Pumpkin — sweet and pale orange.

Sweet Meat — an Oregon-based heirloom with deep blue green skin and very orange, sweet flesh.

Turks Cap — red, orange, green and white stripes. A French squash with very thick flesh.

Rouge Vif D'Etampes — flat and ribbed that dates back to Paris in the 1800s. Good for pies or baked with butter.

Golden Delicious — not the apple, the squash! Teardrop shape and weighs 7-9 pounds. Dickinson — round or elongated and can weigh 40 pounds. Thin skin and sweet flesh.

Tennessee Sweet Potato — flesh is pale yellow and slightly sweet for pies or baking.

Chinese Miniature White — Small four inch white pumpkins that can be baked and scooped out.

One of Wasm's favorites is Sweet Dumplings.

"It's sweet and delicious," Wasm said. "You can bake it and eat it plain."

Some foods are so perfect, they don't need much. Squash may be one of them.

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ITALIAN STUFFED SPAGHETTI SQUASH

1 medium spaghetti squash
1 tablespoon vegetable oil
1/2 cup onion, chopped
1/4 cup celery, chopped
1 clove garlic, minced
1/2 pound ground beef
1/2 cup mushrooms, diced
1/2 cup rice, cooked
1/2 cup canned tomatoes
1 tablespoon fresh parsley, chopped
1 teaspoon oregano
1/4 teaspoon pepper
1/2 teaspoon salt
1/4 cup mozzarella cheese, shredded

Cut the squash in half, lengthwise, and remove the seeds. Place the halves cut side down in a baking pan with half an inch of water. Bake in a 350 degree oven for 30 minutes. In a large skillet, heat the vegetable oil and sauté the onion, celery, and garlic until soft. Add the ground beef and brown, then drain off the fat. Stir in the remaining ingredients except for the cheese and simmer for five minutes. Then turn the squash over and stuff with the filling. Sprinkle the halves with the cheese and bake for an additional thirty minutes.

CRANBERRY-FILLED ACORN SQUASH

SERVES FOUR
2 acorn squash
3 cups cranberries
3/4 cup apple juice, divided
3/4 cup sugar
1/4 teaspoon cloves
1/2 teaspoon nutmeg
2 tablespoons cornstarch
2 tablespoons walnuts, chopped

Pierce the rind of the squash and bake or microwave them, whole, until they're soft to the touch. Set aside. Combine the cranberries, 1/2 cup of the apple juice, the sugar, cloves, and nutmeg. Cook over low heat, stirring occasionally, until the cranberries "pop." Combine the remaining apple juice with the cornstarch, mixing well. Gradually stir this into the cranberry mixture and heat just until thickened.

Cut the squash in half, remove the seeds, and spoon the cranberry mixture into the squash shells. Sprinkle with the walnuts and place in the oven or microwave to heat thoroughly.

Above recipes from *Celebrate the Harvest! Michigan Farm Markets and Farm Stands* by Don and M. Frisch, William B. Eerdmans Publishing Company.

ROASTED BUTTERNUT SQUASH AND GARLIC SOUP

1 butternut squash (approximately 2 pounds)
3 tablespoons olive oil
1 head garlic, cloves unpeeled
1 cup hot water
2 1/2 cups Chicken Stock
1 teaspoon freshly ground white pepper
1 teaspoon salt

1. Preheat the oven to 350 degrees. Slice the squash in half lengthwise, and remove the seeds and strings pulp with a spoon. Rub the flat side with olive oil and place the squash, cut side down, in a glass baking dish; sprinkle the garlic cloves around the squash. Add the water and the rest of the oil. Bake for 1 to 1 1/2 hours, or until the squash is very soft. Remove from the oven and cool slightly.

2. Scoop the squash pulp into the bowl of a food processor fitted with the metal blade. Squeeze the pointed end of each garlic clove, letting its pulp drop into the food processor.

3. Process for 30 seconds, until the mixture is very smooth. Add the chicken stock 1/2 cup at a time, pulsing the processor after each addition. Add the pepper and salt. Pour the mixture into a 2-quart saucepan and place over

medium heat. Bring to a simmer and adjust the seasonings.

Variation: Add 1/4 cup orange juice with the chicken stock and 1 tablespoon curry powder with the seasonings.

Advanced Preparation: Can be prepared 2 days in advance. Cover and refrigerate.

GRATIN OF SQUASH, LEeks, AND RICE

2 1/2 pounds yellow squash and green zucchini, grated
1 1/2 teaspoons salt
1/2 cup Arborio rice
1/4 cup olive oil
3 medium leeks, well-cleaned
1/2 cup light green peas (frozen, only, finely chopped about 3 cups)
2 medium garlic cloves, minced
2 tablespoons finely chopped fresh flat leaf parsley
2 tablespoons flour
2 cups half-and-half
3/4 cup grated Parmesan cheese
1/4 teaspoon freshly ground pepper

1. Place the grated squash in a colander set over a bowl and add 1 teaspoon salt, tossing to distribute evenly. Allow the juices to drain for 10 to 30 minutes.

2. Squeeze the squash in handfuls or wring out in a clean dish towel over the bowl to collect the juices. Reserve the juices and dry the squash carefully on paper towels.

3. In a medium saucepan, bring 1 1/2 cups of water to a boil and add the rice. Simmer for 10 minutes. Drain and reserve.

4. In a 10-inch ovenproof skillet, heat 1 tablespoon olive oil over medium-high heat. Sauté the leeks until slightly soft, about 5 minutes.

5. Add the remaining olive oil and sauté the shredded squash over medium-high heat until almost tender and all liquid is evaporated, about 4 minutes. Add the garlic and parsley. Sauté for 1 minute.

6. Sprinkle with the flour and stir over medium heat, using pasta fork, for 2 minutes. Remove from the heat, add the partially cooked rice, 1/2 cup half-and-half, and 1/4 cup vegetable liquid, and stir to combine. Continue cooking, stirring constantly until slightly thickened, about 3 minutes.

7. Continue adding the cream, 1/2 cup at a time, cooking until thickening begins to occur. After the last of the half-and-half has been added, stir in all but 2 tablespoons of the Parmesan. Add the remaining salt and the pepper.

8. Preheat the oven to 425 degrees. Sprinkle the remaining cheese on top of the dish. Bake until browned and bubbling, about 25 minutes.

Advanced Preparation: Can be prepared 1 day ahead through step 7. Cover and refrigerate. Bring to room temperature before baking in 425-degree oven.

Above two recipes from the book *Thanksgiving Dinner, Recipes, Techniques, and Tips for America's Favorite Celebration* by Anthony Dias Blue and Kathryn K. Blue.

SQUASH RECIPES

SWEET MISO SOUP

8 cups water
1 6-inch strip wakame
1 small buttercup squash
1 medium onion, cut into thin 1/2 moons
1 small daikon radish, cut into 1/2-inch moons
6 tablespoons barley miso, or to taste
1 scallion, optional

1. Bring water to a boil in a large stock pot.
2. Soak wakame in water to cover, about 5 minutes. Cut into 1/2-inch squares. Set aside.
3. Meanwhile, remove blemished areas from the squash skin. Leave remaining skin intact. Cut in half lengthwise, from top to bottom. Scoop out seeds. Trim away stem and blossoms. Ends. Cut into 1/2-inch cubes. Set aside.

4. Add onion and wakame to the pot. Simmer uncovered 5 minutes.
5. Add daikon. Simmer uncovered until fork tender, about 5 minutes.

6. Add squash. Simmer uncovered until fork tender, 5-8 minutes.

7. Reduce heat so that soup is no longer boiling.

8. In a small bowl, purée Miso in a little hot broth with a spoon or whisk. Return purée to the pot. Serve garnished with scallion.

Variations:
■ Substitute carrots, rutabaga, parsnips, cabbage or butternut squash for buttercup squash.
■ Add 1/2-1 cup dried daikon greens or other greens to step #6.
■ Add 2 slices of fresh ginger to step #7.

Tips:
■ Use an 8-inch chef's knife to cut through the dense skin of buttercup squash. Hold the squash securely on a cutting board, stem side up. Place the tip of the knife into the top of the squash and cut with a rocking downward motion. Repeat on the other side.

■ Do not boil when reheating.

■ Do not freeze. It will keep refrigerated one week.

VEGETABLE MEDLEY WITH TAHINI-POPPYSEED SAUCE

Vegetables:
1 small head cauliflower, cut into florets
2 large yellow squash, cut into spears
1 small head broccoli, stems peeled and diagonally sliced, florets separated
2 large carrots, cut into spears

Sauce:
4 tablespoons tahini
1 tablespoon sweet white miso
1 garlic clove
1/4 teaspoon ginger juice
2 tablespoons poppy seeds, toasted

1. Fill a large stock pot with 3 quarts of water. Bring to a boil.

2. Cook each vegetable until tender and bright in color. As each vegetable is cooked, place it in a colander. Cover with a bamboo mat or non-terry cloth towel to keep warm.

3. Meanwhile, add sauce ingredients to a blender. Blend until uniform in color. Add vegetable cooking water as needed to reach desired consistency.

4. Arrange vegetables on a large platter. Serve with sauce.

Variation:
■ Add one red pepper, cut into strips.

PUMPKIN SPICE COOKIES

Wet ingredients:
1/2 cup unrefined corn oil
1/2 cup Maple syrup
1/4 cup barley malt syrup
1/2 cup brown rice syrup
1/2 teaspoons natural vanilla flavor
2 cups canned pumpkin
Dry ingredients:
1/4 teaspoon unrefined sea salt
1 cup rolled oats
2 cups whole wheat pastry flour
1 teaspoon cinnamon
3/4 teaspoon nutmeg
1/2 teaspoon allspice
1/2 teaspoon cloves, powdered
1 cup nuts or seeds, toasted and coarsely chopped, optional

1. Preheat oven to 350 degrees.

2. Combine wet ingredients and salt in a blender. Blend until mixture becomes a uniform color.

Above recipes from Lenore's Natural Cuisine, by Lenore Baum (by Culinary Publications)

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CORRECTION NOTICE

Our September 22 insert showed the DVD title, *The History of Beavis and Butthead*. Due to circumstances beyond our control, this title will not be available. Currently, we do not have an anticipated new availability date.

We apologize for any confusion or inconvenience that this may cause.



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