

Acorn Squash

Serves 2.

Ingredients:

- 1 medium acorn squash, halved and seeded
- 1 Tablespoon butter
- 2 Tablespoons brown sugar

Directions:

1. Preheat oven to 350°F.
2. Place acorn squash on a rimmed baking sheet, cut side down. Bake until it begins to soften, about 30 to 45 minutes.
3. Remove squash from oven and turn cut side up. Divide the butter and brown sugar between the two halves.
4. Return squash to oven for another 30 minutes.
5. Remove. Using a fork, mix brown sugar and butter mixture into the squash.



Clapshot ~ A Traditional Scottish Recipe

This is a simple traditional dish which originated in the Orkneys. It is often served with haggis, instead of separate potatoes turnips (“tatties and neeps”).



Serves 4.

Ingredients:

- 1 pound boiled potatoes
- 1 pound boiled turnip
- 4 Tablespoons butter or margarine
- 1 or 2 Tablespoons chopped chives, optional
- Salt and pepper

Directions:

1. Peel potatoes and turnips. Cut both into large, about one-inch cubes.
2. Fill a 3-quart saucepan half full with water. Add potatoes and cook for about 10 minutes, until they start to soften. Add turnips and cook until both vegetables can be easily pierced with a knife. Drain.
3. While hot, beat vegetables together. Mix in the butter, chives, salt and pepper.

Note: Haggis is a Scottish dish consisting of a stomach lining (usually sheep) stuffed with a mixture of liver, heart, lungs, onions, suet and oatmeal.

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FALL RECIPES

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Spaghetti Squash with Garlic

Serves 4 to 6.



Ingredients:

2 spaghetti squash (2 pounds each)
2 Tablespoons olive oil
2 garlic cloves slivered
Salt and ground pepper, to taste

Directions:

1. Preheat oven to 400°F. With a fork, prick squash in several places. Place on a rimmed baking sheet; bake until soft to the touch, about 1 hour.
2. When cool enough to handle, halve squash crosswise. Scoop out seeds; discard. Scrape flesh into strands.
3. In a large skillet, heat oil over low heat. Add garlic; cook until fragrant and just starting to color, about 5 minutes. Add squash; season with salt and pepper. Cook, tossing frequently, until squash is very hot, about 5 minutes.

Poultry Seasoning Blend

Makes about ½ cup.

Ingredients:

1 ½ Tablespoons rubbed sage
1 ½ Tablespoons onion powder
1 ½ Tablespoons pepper
1 ½ Tablespoons celery seeds
1 ½ Tablespoons dried whole thyme
1 ½ Tablespoons dried marjoram leaves
2 ¼ teaspoons dried rosemary leaves
2 ¼ teaspoons garlic powder

Directions:

Combine all ingredients, stirring well.
Store in an airtight container in a cool, dry place.

Note: If desired, mixture can be ground in a coffee or spice grinder. This is poultry seasoning works nicely on pork.



Additional Resource for Herbs and Spices

<http://food.unl.edu/documents/Spice%26HerbsHandout08.pdf>

Using Herbs and Spices

Herb – leaves of a low-growing shrub. Examples include parsley, chives, marjoram. These can be used fresh or dried. Dried forms may be whole, crushed or ground. Whole spices keep their flavor for 6 to 9 months. Once ground, spices start to lose their flavor.

Spices – bark (cinnamon), root (ginger, onion, garlic), buds (cloves, saffron), seeds (yellow mustard, poppy, sesame), berry (black pepper), or the fruit (allspice, paprika) of tropical plants and trees.

Seasoning Blends – mixtures of spices and herbs. Examples include poultry seasoning, pumpkin pie spice, and Italian seasoning.

Most dried herbs and spices need to be added to a dish early for their flavor to develop. The aroma and flavor of fresh herbs and spices are more delicate than dried. Therefore, fresh herbs and spices are added near the end of cooking.

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