Spiced Squash Soup

- ¼ C unsalted butter
- 2 large onions, diced
- 2 large tart apples
- 1 tsp nutmeg, ground
- ½ tsp allspice, ground
- ½ tsp cinnamon, ground
- 4 acorn or butternut squashes
- 3 qts chicken stock or broth
- 1. Prepare the apples and squashes by peeling, removing seeds, and dicing.
- 2. Melt butter in large pot over medium heat.
- 3. Add onions and apples and cook until tender, about 10 minutes.
- 4. Stir in spices and cook for one minute.
- 5. Add squash and chicken stock and simmer uncovered about 20-30 minutes.
- 6. Purée and season with salt and pepper to taste.
- 7. Add additional stock if a thinner consistency is desired.

Yields 6-8 servings.

image from www.browneyedbaker.com

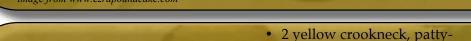


Shaker Squash Casserole

- 2 lbs yellow crookneck or zucchini squash
- 4 tbs butter
- 3 eggs, beaten
- 1 can cream of mushroom soup
- 1 onion, sliced
- ¾ tsp salt
- ½ tsp pepper
- ¼ C cracker crumbs
- ¼ C parmesan cheese

- 1. Preheat oven to 350°.
- 2. Prepare squashes by peeling (optional), removing seeds, and dicing.
- 3. Cook squash and onion in 1 tsp butter in large skillet until tender, about 10 minute
- 4. Drain any liquid and mash.
- 5. Fold in rest of butter, eggs, soup, and seasonings.
- 6. Place in buttered casserole dish and top with crumbs and cheese.
- 7. Bake for 30 minutes.

recipe adapted from "We Make You Kindly Welcome: Recipes from the Trustees House Daily Fare, Pleasant Hill, Kentucky" (1982) image from www.ezrapoundcake.com



- 2 C water
- 1 C corn meal

pan, or zucchini squashes

- ¼ C buttermilk *
- 1 egg
- salt/pepper to taste
- vegetable oil

Fried Cherokee Squash Bread

- 1. Prepare squashes by peeling (optional) and dicing.
- 2. Cook squash in water until tender, about 10 minutes.
- 3. Drain water, retaining ³/₄ cup.
- 4. Mix squash, retained water, corn meal, milk, egg, and seasonings.
- 5. Form mixture into patties.
- 6. Heat vegetable oil in skillet.
- 7. Drop patties into hot oil and fry until golden brown.
 - * substitute regular milk for buttermilk if desired

 $recipe\ adapted\ from\ www.wegottaeat.com;\ image\ from\ www.thebeatofyoung los angeles.blog spot.com$

