

XCentric Ideas

For pie, Pilgrims first hollowed out a pumpkin, filled it with apples, sugar, spices and milk, then put the stem back on and baked it.

30 April 2012
Volume 7—Issue 4
by
ALMA PRETORIUS
alma@xcentricideas.co.za
www.xcentricideas.co.za

Why butternut?

There are many pumpkin varieties out there ... I personally love the butternut. It has got a lovely rich colour and I find the taste more pronounced than some of the more 'watery' pumpkins.

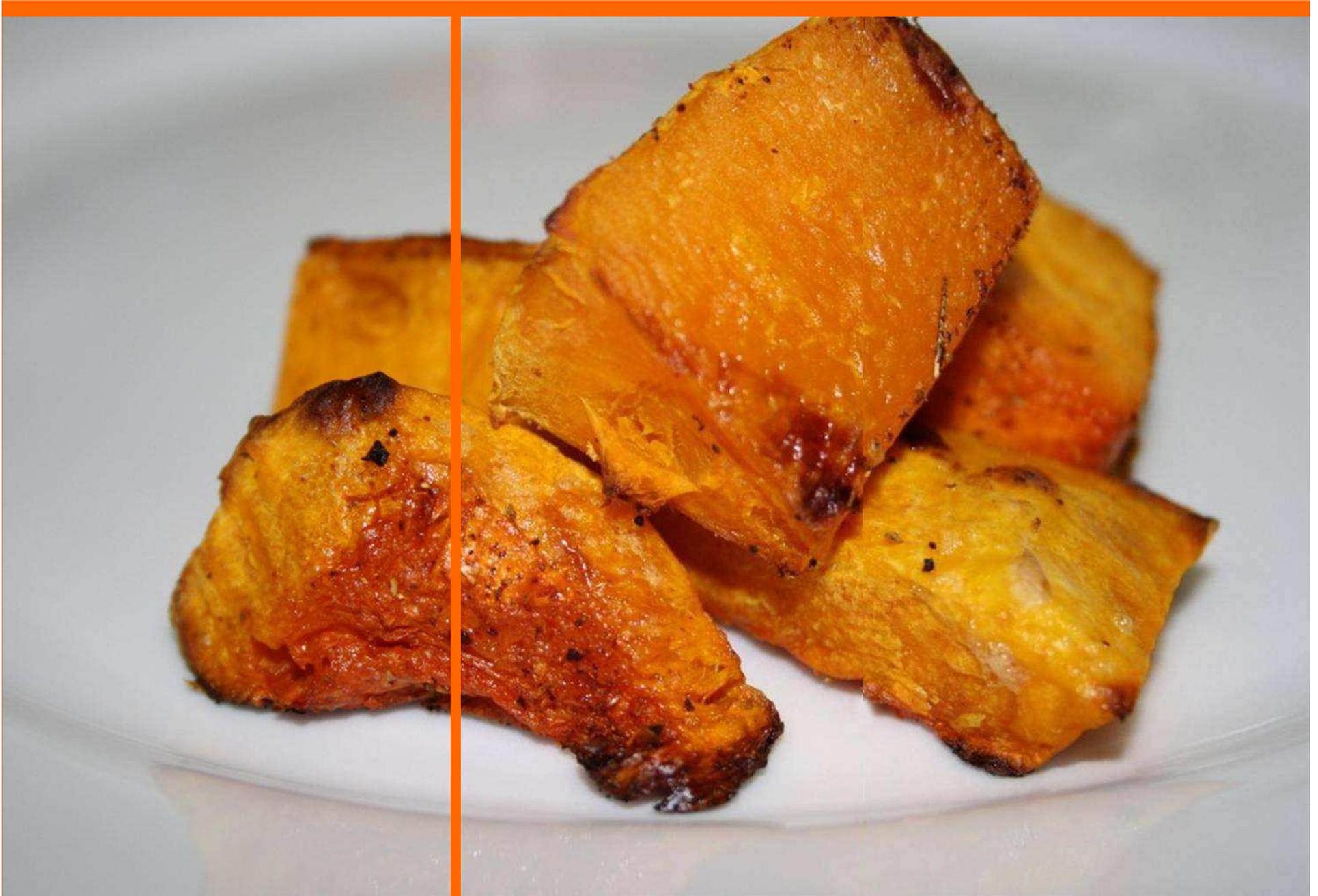
I'm sure you can use other pumpkin varieties in these recipes, but they may differ in taste, texture and colour.

You'll notice I've used butternut in quite a few sweet recipes – why would you want to do that?

Because sometimes u have harvested/bought/received too much butternut to use at once.

Or you are just sooo tired of using butternut in the same old recipes

I have made, tasted and shared each and every one of these recipes And they are fantastic!!!!!!!!!!!!



Roasted Butternut Wedges

Roasted Butternut Wedges

1 large butternut squash, cut into fries/wedges
cooking spray (Spray & Cook)
salt
spices (*I used a meat rub*)

Preheat oven to 220 oC.

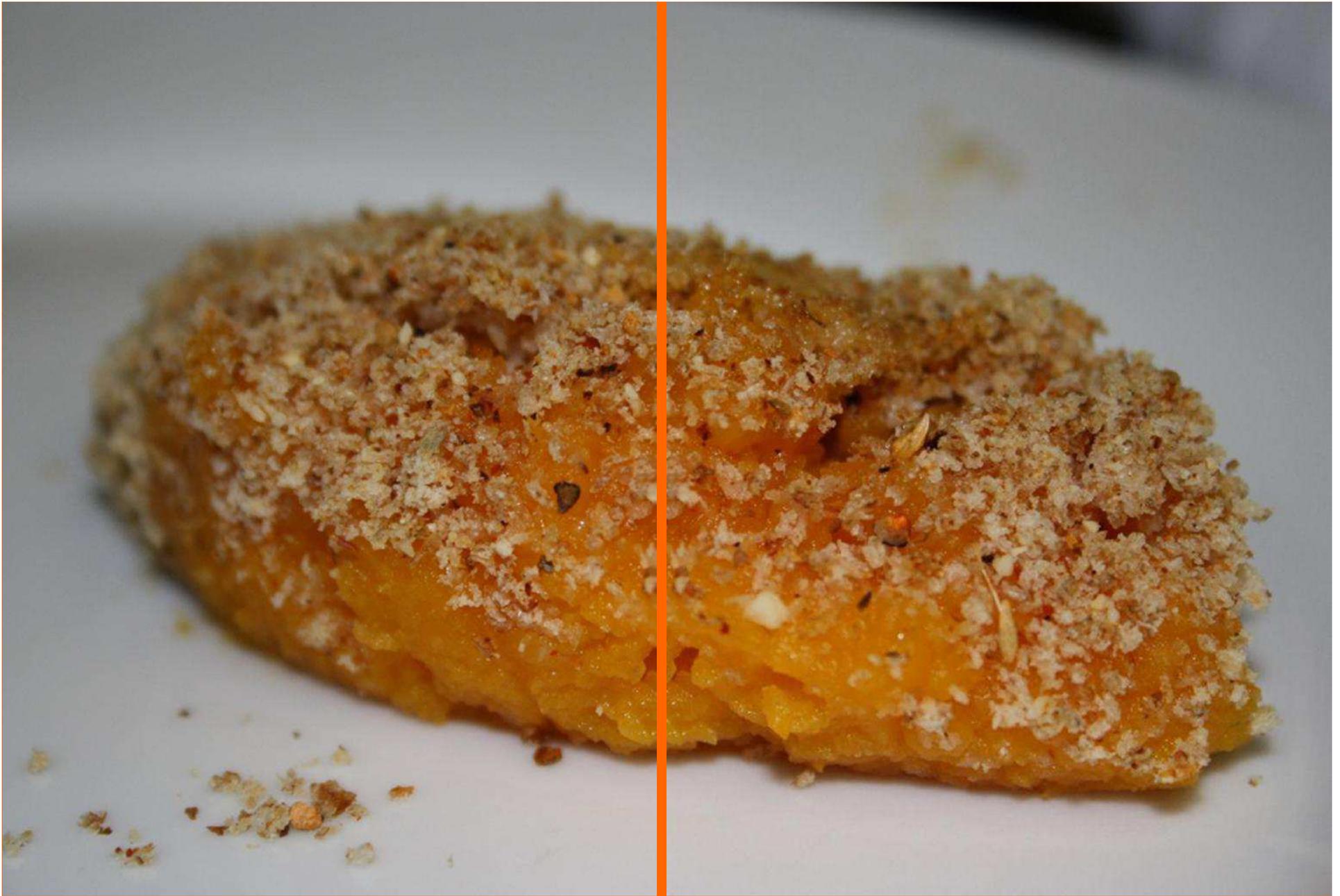
Coat a rimmed baking sheet with cooking spray.

Place fries/wedges onto the sheet in an even layer and lightly coat them with additional cooking spray. Sprinkle with salt and seasoning of choice.

Cook for 20 minutes*, turn fries over and cook for another 20 minutes or until tender and browned (depending on your oven).

**My wedges were cooked after only 20 minutes.*

Note: these are really delicious!!!!!!! Use them as a side dish to any meat/fish/chicken recipe.



Butternut Pecorino au Gratin

Butternut Pecorino au Gratin

2 slices white/brown sandwich bread

1/4 cup grated Pecorino Romano cheese (*I used dried Parmesan crumbs*)

coarse salt and ground pepper

3 cups butternut puree (*I steamed chunks of butternut & pureed it*)

2 tablespoons butter, cut into small pieces

Preheat oven to 230 oC.

In a food processor, combine bread slices and cheese. Season with salt and pepper, and pulse until large crumbs form.

Season butternut puree with salt and pepper; spoon into a baking dish. Sprinkle with crumb mixture, and dot with butter. Bake until crumbs are browned, 15 to 20 minutes.

Note: making breadcrumbs have never been easier!!! And u can freeze the left-over crumbs in a plastic bag for later use.



Butternut Mash

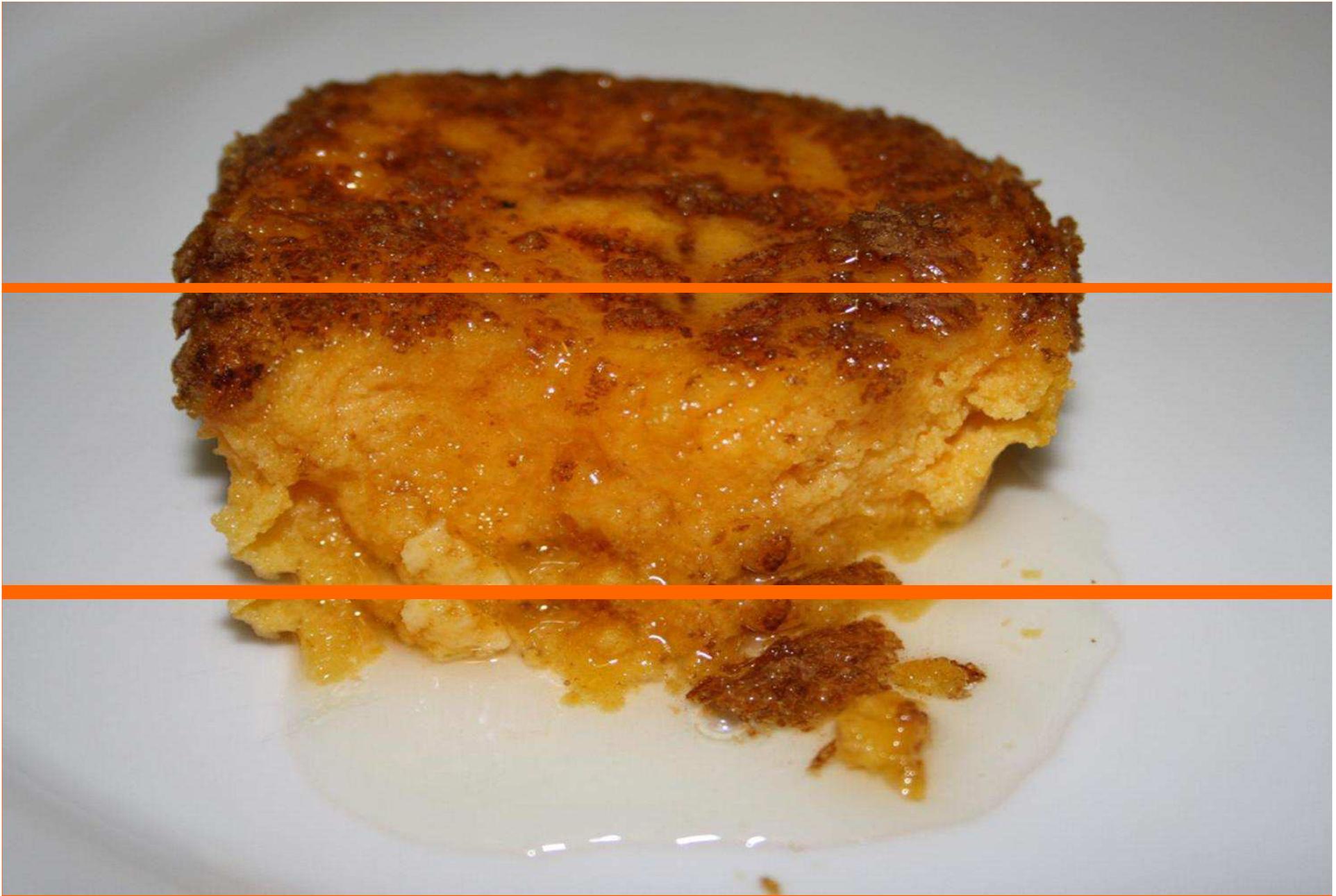
Butternut Mash

butternut, peeled & cubed (*or I just buy a bag peeled & cubed from Woolworths*)
1 tsp salt
1 tbsp butter (or more if you prefer)
splash of milk
salt and freshly ground black pepper, to taste

Place the squash in a pan full of cold water with a teaspoon of salt.
Bring to the boil and cook for 10-15 minutes. Drain and place back in the pan.

With a potato masher or ricer, mash the squash.
Add the butter, milk, salt and freshly ground black pepper, to taste, and serve.

Note: u can also add chopped onions, cooked bacon & fresh sage leaves.



Baked Butternut Fritter

Baked Butternut Fritter

250 g pumpkin, steamed, drained
2 x-large eggs
½ cup milk
salt
cinnamon
Brown sugar

Mix the cinnamon & sugar. Keep aside.

Preheat oven to 200 oC. Spray a big 6 muffin pan or small 12 muffin pans. Beat the eggs & milk together.

Puree the butternut, add the egg mixture, season with salt and pour into the muffin pan. It will be very runny – that's how it should be.

Sprinkle a thick layer of cinnamon sugar on top. Bake for 30 minutes, or till skewer comes out clean.

Serve with honey, syrup or ginger syrup as a side dish or dessert.

Absolutely brilliant!!! And sooooo much healthier than frying in oil.



Butternut Lentil Bobotie

Butternut Lentil Bobotie

500 ml tinned lentils, drained
2 medium onions
400 ml milk
2 bay leaves (*or fresh lemon leaves*)
1 tsp ground coriander
1 small handful sultanas/seedless raisins
1 thumb of ginger

1 medium butternut
2 tins chopped tomatoes
2 eggs
1 tsp curry powder
1 tsp ground cumin
3 garlic cloves

Preheat the oven to 180 C.

Peel the butternut and chop into small blocks. Chop the onion finely and sauté in some vegetable/canola oil until soft.

Add the garlic, ginger, coriander, cumin, one bay leaf and curry powder and cook until fragrant (about 5 minutes), stirring all the time.

Add the butternut, lentils, sugar and tinned tomatoes. Cook for a further 5-10 minutes. Add to a large dish.

Beat the two eggs into the milk until smooth and season. Pour the milk mixture over the butternut-lentil mixture, place the other bay leaf on top and place in the oven to bake for 35 mins.

Serve with fluffy yellow rice, sliced bananas and coconut flakes.



Chocolate Butternut Muffin

Chocolate Butternut Muffin

2 cups cake flour
3 teaspoons baking powder, slightly heaped
1/2 teaspoon salt
3/4 cup white sugar
1 egg
1 cup milk
1/4 cup vegetable oil

2 cups cooled butternut puree
2 1/2 tbsp cocoa powder
1/2 tsp ground cloves
1 tsp ground ginger
1 tsp ground nutmeg
1 1/2 tsp ground cinnamon

Preheat oven to 200 oC.

Mix the flour, baking powder, salt, sugar, cloves, ginger, nutmeg, cinnamon & cocoa powder in large bowl. Beat the pumpkin puree, add the egg, then the milk & oil, beat till smooth. Stir the pumpkin mixture into the dry ingredients, until no dry flour can be seen.

Spoon into 12 big muffin pans nearly to the top of each muffin hole. Bake for 20 min, or till skewer inserted comes out clean. Let muffins cool down before you start with your icing.

Chocolate spiced icing

1 1/4 cup icing sugar
10 tsp hot tap water
1 1/2 heaped tbsp cocoa powder
1 1/2 tsp Pimento all spice (or mixture of cloves, ginger, nutmeg & cinnamon)

Mix everything together. Pour over muffins, add vermicelli if you want.



Butternut Cranberry Bars

Butternut Cranberry Bars

2 cups cake flour
1 tbsp pumpkin pie spice**
1 tsp baking soda
1 ½ cup brown sugar
1 tsp salt
1 cup olive oil
1 egg
1 cup butternut puree, cooled down
1 tsp. vanilla
½ cup dried cranberries
½ cup pecan nuts, chopped
1 cup seedless raisins

Preheat oven to 180 oC.

Spray a square baking tin, line with wax paper, spray again. Combine the flour, pumpkin spice, baking soda, sugar & salt in a bowl.

Mix the oil, egg, pumpkin & vanilla and beat well. Mix with the dry flour-spice ingredients, stir in the cranberries, nuts & raisins and pour into baking tin. Bake for 40 min, or till skewer comes out clean. Cut into squares.

***Pumpkin pie spice mix*

½ tsp cinnamon, ¼ tsp ground ginger, 1/8 tsp ground cloves, 1/8 tsp ground nutmeg. Stir to blend. Makes 1 tsp pumpkin pie spice mix.



Butternut Fudge

Butternut Fudge

1 ½ cup white sugar
2/3 cup evaporated milk (Ideal Milk)
½ cup butternut puree
2 tbsp butter
1 ½ tsp pumpkin pie spice**
2 cups mini marshmallows (*I cut normal sized marshmallows smaller*)
11 oz package white chocolate chips (1 cup)
1 teaspoon vanilla extract
1 cup walnuts, chopped (*or pecan nuts*)

Combine sugar, evaporated milk, pumpkin, butter and pumpkin pie spice in a medium saucepan over medium heat. Bring to a boil, and keep there for 12 minutes, stirring constantly.

Meanwhile line a 8x8" dish with wax paper. Turn off heat and add the marshmallows, white chocolate chips, walnuts and vanilla. Stir until melted. Pour into the dish. Refrigerate for about 2 hours. Lift fudge out with the wax paper, and use a pizza cutter to slice into squares. These are rich so keep the squares small! Store in an air-tight container in the fridge. **(Mine took about 2 days in the fridge to 'harden' – it was still not 'fudge-like', but at least not runny. BUT SOOOO SCRUMPTIOUS!!!)**

**Pumpkin pie spice mix

½ tsp cinnamon, ¼ tsp ground ginger, 1/8 tsp ground cloves, 1/8 tsp ground nutmeg. Stir to blend. Makes 1 tsp pumpkin pie spice mix.