

Mashed Winter Squash

Prep: 20 minutes Cook time: Up to 75 minutes Finish time: 5 minutes

8 servings

Use butternut, kabocha, buttercup, Cinderella, blue hubbard, acorn, carnival, or delicata squash.

Ingredients

Choose your winter squash. For smaller squash like delicata, carnival or acorn squash you may need more than 1.

Butter to taste

Milk or stock to desired creaminess

Salt and Pepper to taste

Optional: Herbs like rosemary, thyme, sage to taste

Basic Preparation

1. **Roasting:** Cut the squash in half, scoop out seeds, and roast cut-side up at 425°F until fork-tender (typically 45–75 minutes depending on size). Roasting enhances natural sweetness and flavor
2. **Scooping and Mashing:** Once cooked, scoop the flesh into a bowl and mash with a potato masher, fork, or hand mixer. For smoother texture, a food processor or blender can be used. For a more rustic texture, mash lightly leaving small chunks.

Flavor Variations

Sweet Mashed - Incorporate brown sugar or maple syrup with cinnamon, nutmeg, or ginger.

Tips for Creaminess and Texture

- Mash while the squash is still warm to achieve a smooth consistency
- Add liquids like milk, cream, coconut milk, or stock gradually to reach desired creaminess

Serving Suggestions

Mashed winter squash complements roasted meats, poultry, or fish. It can also be used in soups, casseroles, or as a topping for shepherd's pie