

Soy Braised Winter Squash



Ingredients:

- 1 lb. winter squash (butternut, kabocha, acorn), peeled, seeded, cut into cubes
- 6-8 dried mushrooms, such as shiitake
- 5 scallions, thinly sliced, separate white and green parts
- 3 garlic cloves, minced
- 1 Cup vegetable broth, low sodium
- ¼ Cup dried apricots, coarsely chopped
- 3 Tbsp soy sauce, low sodium
- 1 Tbsp mirin
- 1 Tbsp fresh ginger, peeled and minced
- 1 Tbsp Canola
- 1 Tbsp sesame seeds

Instructions:

- Heat oil over medium high heat in sauteuse pan. Add garlic, ginger, and white parts of scallion then sauté until fragrant, *~1-2 minutes*.
- Add squash and sauté until lightly caramelized, *~3-5 minutes*.
- Add the mushrooms, vegetable broth, soy sauce, mirin, and apricots. Lower the heat to medium and bring to a simmer.
- Simmer until squash is tender, *~15-20 minutes*.

- Serve squash hot with extra broth. Garnish with green parts of scallion and sesame seeds.

Equipment:

- Large stock pot, Dutch oven or sauteuse pan

Tips & Tricks:

- Try this recipe with your favorite winter squash variety
- If you cannot find mirin, substitute with 1 tbsp rice vinegar and ½ tsp sugar