

Salt and Serenity

Honeynut Squash with Maple Agrodolce

Maple Agrodolce recipe was created by America's Test Kitchen. An agrodolce is an Italian sauce-condiment hybrid. The name comes from "agro", Italian for sour, and "dolce", Italian for sweet. This sauce is also delicious on pan seared salmon or roasted Brussels sprouts.

Honeynut squash are a hybrid version of butternut squash. They are much smaller, and their flesh is a darker orange colour and much sweeter. The skin is more tender and completely edible, so they do not need to be peeled. If you can't find them, you could certainly substitute butternut squash.

Serves 4 as a side dish

2 honeynut squash, sliced in half lengthwise, seeds scooped out (no need to peel, skin is edible)

1 tablespoon olive oil

½ teaspoon Diamond Crystal kosher salt

¼ teaspoon freshly ground black pepper

¼ cup balsamic vinegar

2 tablespoons maple syrup

1 large or 2 small shallots, peeled and finely minced

2 tablespoons golden raisins, coarsely chopped

Pinch of red pepper flakes or Aleppo pepper

Pinch of Diamond Crystal kosher salt

¼ cup hazelnuts, toasted, skinned and coarsely chopped, for garnish

1. Preheat oven to 425°F. Arrange squash halves cut side up on a baking sheet. Drizzle with olive oil, and sprinkle with salt and pepper. Roast for 25-30 minutes until tender.
2. While squash is roasting, prepare Maple Agrodolce. Place balsamic vinegar, maple syrup, minced shallots, golden raisins, red pepper flakes and salt in a small saucepan. Bring to a boil over high heat. Turn heat down to low and simmer until sauce is reduced and slightly thickened, about 7-10 minutes. Remove from heat and cover pan with a lid to keep it warm until squash is roasted.
3. Drizzle maple agrodolce over roasted squash. Sprinkle with toasted hazelnuts. Serve.