Squash Fries with Chipotle Mayo

The low oven temperature in this recipe is not a mistake. Low, slow roasting gives the squash a custardy texture, with a rich and really deeply concentrated flavour.

Serves 2-4

1 butternut squash
2 Tablespoons olive oil
1 teaspoon kosher salt
1 teaspoon smoked paprika
¼ teaspoon freshly cracked black pepper
⅓ cup mayo (light is ok, just don't use fat-free!)
1 scant teaspoon chipotle chile in adobo sauce* (remove seeds)

1. Preheat oven to 250°F. Line 2 baking sheets with parchment paper and set aside.

2. Cut squash into fries: Using a sharp kitchen knife, cut one inch from the top and bottom of the squash, and discard. This makes the squash more stable. Using a vegetable peeler, peel away the thick skin until you reach the deep orange flesh of the squash. Cut squash in half, widthwise, so that you have the long neck part and the bulb part. Cut the neck part into ½ inch thick circles. Slice circles into ½ inch thick sticks. Cut bulb section in half to expose the seeds. Using a small spoon, scoop out seeds and stringy flesh. Cut into ½ inch thick slices.

3. Place squash fries in a large mixing bowl. Add olive oil, smoked paprika, salt and pepper and using your hands, mix well so that all the fries are evenly coated.

4. Lay fries on baking sheets in a single layer. Roast for 2 hours, switching position of baking sheets, halfway through baking. After 2 hours, turn up oven temperature to 450°F and roast for an additional 10 minutes until slightly charred.

5. While squash is roasting, mix together mayo and chipotle in adobo. Cover and store in fridge until ready to eat.

*Chipotle chiles in adobo come in a can. You will have leftovers. I find the best way to deal with the leftovers is to remove all the seeds from the chiles, and process into a smooth paste in the food processor. Transfer paste to a parchment lined baking sheet and freeze. Once the paste is frozen solid, transfer to a zip loc bag and store in freezer. Then you can simply break off pieces, as you need them.