

Roasted Butternut Squash with Dukkah

I tasted this dish at Bar Moruno Restaurant at the Grand Central Market in Los Angeles just before they shuttered their doors. Glad I didn't miss it! Here's my version of what I tasted. Dukkah is an Egyptian spice blend comprised of toasted spices, nuts and seeds. In this recipe, the nuts are kept whole and mixed into the browned butter and honey. Traditional Dukkah is a dry mixture to sprinkle over salads by chopping the cashews and skipping the butter and honey.

2 pound	butternut squash cut in half lengthwise	¼ cup	butter
Dukkah		¼ cup	honey
2 cups	cashews, left whole	½ teaspoon	sea salt
⅓ cup +	sesame seeds	½ teaspoon	ground black pepper
1 teaspoon	ground cumin	4 ounces	baby arugula leaves
1 teaspoon	ground coriander		

- 1 Preheat oven to 375°. Cut butternut squash in half lengthwise. Remove seeds and place butternut squash halves, skin side up on a baking sheet. Roast for about 40 minutes or more, depending on how large the squash is. Insert a meat fork in wide part of the flesh. It is done when it is soft.
- 2 While squash is roasting, make Dukkah. In a skillet over medium-high heat, toast the cashews, sesame seeds for a minute. Add cumin and coriander and toast for another minute. Remove Dukkah to a plate. In the skillet, melt butter and wait for it to achieve a dark golden brown color.. You will smell the nutty aroma when it is ready. Turn off the heat. Add the honey and Dukkah mixture, salt and pepper and warm through. Set aside. You will need to rewarm just before serving.
- 3 When squash is cooked, slice it into wedges. Scatter the arugula on a platter, place the squash wedges on the arugula and pour over the Dukkah and butter-honey sauce. Amazingly delicious!

Servings: 6

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Total Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 494 calories, 281 calories from fat, 33.2g total fat, 20.3mg cholesterol, 178.4mg sodium, 919.3mg potassium, 47.3g carbohydrates, 5.9g fiber, 17.6g sugar, 10.7g protein.

Source

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Source: Bar Moruno Restaurant, Grand Central Market

