

Vegetables

# Roasted Butternut Squash



Made by Jens Bach  
Sørensen



## Ingredients

- 2 butternut squash, medium size
- 4 cloves of garlic
- 8 sprigs of thyme
- 2 tbs. olive oil
- 50 g butter
- salt and pepper



## Preparation

1. Cut the butternut squash in halves from top to bottom. Use a spoon to scoop out the seeds.
2. Peel and slice the cloves of garlic. Sprinkle garlic and thyme over an Eterna tray 1/1 GN, 20mm. Splash evenly with olive oil and season the whole tray generously with flaked salt and ground pepper.
3. Put the butternut squash halves faced down on the trays and cook in oven.
4. Let the squash cool for 10-15 minutes. Then scrape the skin away and discard it.
5. Transfer the flesh of the squash to a bowl; add butter and mash with a fork. Leave the mix a little chunky for texture. Check the seasoning and adjust if necessary.



## Cook according to following method:

- Preheat- 200°C - 1 minute
- Insert tray
- CombiSmart - 180°C - 70% humidity - 45-60 minutes



## Recommendation of tray

[HOUNÖ's Eterna® 20mm tray](#)



## Chef's Tip

This dish makes a wonderful garnish for roasted meats. You can also add crumbled feta cheese and toasted pumpkin seeds and use it as a vegetarian dish.

