

# Braised Butternut Squash

This is an afghan recipe called *bouranee kadu* or *borani kadoo*. Traditionally, it's made with pumpkin, but it's easier to find and buy butternut squash, already peeled and cut, though you'll probably need to cut some of the pieces into smaller chunks. It's sometimes served as a whole meal, with a layer of spicy ground meat, but I think it's best as a side dish, especially with roasted poultry. It's perfect in the autumn.



1 pound butternut squash  
1 medium yellow onion  
4 tablespoons vegetable oil  
 $\frac{1}{2}$  tablespoon minced garlic  
 $\frac{1}{2}$  tablespoon minced ginger  
 $\frac{1}{2}$  teaspoon turmeric powder  
1 teaspoon coriander powder  
 $\frac{1}{2}$  teaspoon chili powder or according to

taste

$\frac{1}{2}$  tablespoon tomato paste or  $\frac{1}{2}$  cup tomato puree

1 cup water or stock (chicken or vegetable)

3 tablespoons sugar

salt

Dried or fresh mint for garnish

If you're using a whole butternut squash, peel it, and using a spoon, scoop out the inner membrane and seeds. Cut the flesh into 1 inch cubes and set aside.

Peel and place the onion in a food processor and puree.

Heat oil in a medium heavy bottom pan or wok. Carefully add the onion puree and cook on medium-low heat until it is golden, about 10 minutes. Then add ginger, garlic, turmeric, coriander powder, and chili powder and stir for 1 minute or until fragrant.

Now add tomato paste or puree, water, sugar and salt, bring to a boil, while stirring.

Add the chopped butternut squash or pumpkin pieces. Reduce heat and simmer uncovered, stirring occasionally, until the squash is cooked and slightly translucent, but still holding its shape, about 30 minutes. Add more water while cooking, if needed.

Garnish with mint and serve with garlic yogurt and naan.

### Garlic Yogurt

1/2 cup plain yogurt

1 clove garlic minced

Salt

Whisk everything together.