

Orange-Maple Butternut Squash Mash



Recipe courtesy of Food Network Kitchen

Level: Easy

Yield: 4 to 6 servings (4 cups)

Total: 30 min

Cook: 30 min

Ingredients:

- 1 butternut squash (3 to 3 1/2 pounds)
- Kosher salt
- 2 teaspoons ground coriander
- 4 tablespoons unsalted butter, cut into 4 pieces
- 1 tablespoon orange zest
- 2 tablespoons pure maple syrup

Directions:

- 1** Cut the bulbous bottom of the squash off from the long top. Split the bottom in half through the root end and scoop out the seeds with a spoon. Cut the long part in half lengthwise. Peel or cut off the rind, then cut the flesh into 1-inch pieces.
- 2** Add the squash to a 4-quart pot, add enough water to cover, bring to a boil, and cook, covered, over high heat, about 18 minutes. Add 1 tablespoon salt and cover. Lower the heat to medium and cook until the squash is tender when pierced with a fork, 10 to 12 minutes more. (There should be no resistance, but the squash should not fall apart. Be attentive: It can overcook very quickly and absorb too much water, making your mash soupy.)
- 3** Meanwhile, toast the coriander in a small dry skillet over medium-high heat, stirring often, until aromatic, 1 to 1 1/2 minutes. Transfer to a small bowl.
- 4** Strain the squash in a colander. Return it to the pot, add the butter and mash with a potato masher until smooth. Add the zest, 1 tablespoon of the maple syrup, 1 1/2 teaspoons of the toasted coriander and salt to taste and stir to combine. When serving, drizzle the remaining 1 tablespoon syrup over the top and dust with the remaining 1/2 teaspoon coriander.

