



A Recipe from the

Fried Winter Squash With Mint by MARTHA ROSE SHULMAN

INGREDIENTS

¼ cup extra virgin olive oil

2 garlic cloves, peeled and crushed

1 ½ pounds peeled, seeded winter squash, like kabocha or butternut, cut in slices 1/4 inch thick by 2 or 3 inches long

Salt

freshly ground pepper

2 to 3 tablespoons chopped fresh mint, plus additional leaves for garnish

Pomegranate seeds for garnish

PREPARATION

Heat the oil over medium-high heat in a large heavy skillet, preferably cast iron. Add the garlic cloves and cook, stirring, until golden brown. Remove the garlic from the oil and discard.

Cook the squash slices in the hot oil, adding only 1 layer of slices at a time to the pan. Cook for about 3 minutes, or until squash is lightly browned on the first side, and flip over using a spatula or tongs. Cook until squash is lightly browned on the other side and tender all the way through. Season to taste with salt and pepper and transfer first to paper towels to drain, then to a platter. Repeat until all of the squash is used up. Sprinkle with chopped fresh mint, garnish with whole mint leaves and pomegranate seeds, and serve.

NOTE

Advance preparation: You can make this a few hours ahead if you don't plan on serving it hot.

Takoma Park Farmers Market