

Butternut Squash

The pale yellow outer layer is hiding a vibrant, orange coloured inside that is nutrient-dense and full of flavour.

It is a good source of fibre and can be used in a range dishes, from risotto to soups, making it a brilliant addition to autumnal recipes.

Store:

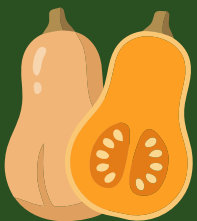
- In a cool, dry, shaded place, they can last for up to 3 months
- Only to be refrigerated when cut
- To store when cut, wrap tightly with cling film. or place in an airtight container or bag
- Keep Butternut Squash away from apples, avocados and tomatoes due to their ethylene content

Freeze:

- First, prepare the butternut squash as if you were about to cook it.
- This should leave you with small chunks, without seeds or pulp
- Then, it is recommended to blanch the chunks to preserve better once defrosted
- After, flash freeze the chunks separated on a baking tray until solid, this should take about an hour
- Lastly, transfer to a freezer-safe container or bag

Signs of Spoilage

Butternut Squash should be firm, with non-wrinkly and non-slimey skin. There should be no sour, moldy or unpleasant smell. A change in colour is a sign of it over-ripening; it changes from yellow to brown.



Video Links