



# Recipe of the Month

## CUSHAW PIE

### Winter Squash

Winter squash comes in a dazzling array of shapes and sizes. It is available in Kentucky from August to October. Unlike summer squash, winter squash is harvested at a mature age, which makes the skin hard and inedible. The skin is protective and increases its storage life. Winter squash can be stored for 3 months or longer if kept in the proper environment. The best way to store winter squash is in a cool, dry place between 55 and 60 degrees F.

The yellow and orange flesh of the winter squash is more nutritious and richer in vitamins, such as vitamin A, than summer squash. A serving of winter squash is a half cup and has around 50 calories, depending on the variety.

Winter squash can be boiled, roasted, stuffed, steamed, pureed, baked or added to stews or casseroles. Baking will bring out the sweet flavor by caramelizing some of the sugars. To bake, cut squash into serving sized pieces, remove the seeds and place, cut side up, in a pan that has been lined with foil. Cover with foil and bake at 400° F for 1 hour, or until squash is tender.

Cooked, pureed squash can be made into delicious pies or frozen for use later, as a side dish or to thicken, color or flavor soups, sauces, or stews.

### Cushaw

Cushaw is member of the winter squash family. It is an edible member of the gourd family and was introduced by Native Americans to the colonists when they arrived in North America.

One of the most colorful of the squashes is the cushaw. A crookneck squash usually grown in the American south. They average from 10 to 20 pounds, grow to 12 -18 inches long and are roughly 10 inches in diameter at the bowl end. The skin is whitish-green with mottled green stripes.

The flesh is light-yellow, sweet in flavor, with a fibrous, meaty texture. It is often substituted for pumpkin in pie making.

Cushaw is a hardy plant that can be grown in your vegetable garden. In Kentucky, plant varieties of winter

squash around mid-June. Pumpkins and winter squash varieties take a lot of room to grow. Seed squash in hills spaced 8 to 12 feet apart in each direction. Do not plant until all danger of frost is past. All varieties of winter squash must stay on the vine until fully mature. Harvest before a hard frost with a sharp knife, leaving at least 1 inch of stem attached.

### Presentation Plan

#### Grocery list:

Cushaw squash, butter, sugar, brown sugar, eggs, lemon extract, vanilla extract, ground nutmeg, ground cinnamon, graham cracker pie shell, whipped topping is optional.

#### Equipment needs:

Large knife, cutting board, large saucepan, potato masher, large spoon or spatula, measuring cups and spoons, 2 large mixing bowls, small bowls, hand mixer, knife, pie server, small spoon, oven, pot holders and trivet.

#### Display preparation:

- Cover table with colorful fall cloth and decorate with a variety of large winter squash varieties.
- Precut some of the cushaw, leaving ½ of the squash to demonstrate peeling and seed removal.
- Arrange other ingredients in small clear bowls.
- Have serving plates and utensils available for sampling.

#### Demonstration steps:

1. Discuss focus commodity and talking points.
2. Demonstrate squash preparation, peeling and seed removal.
3. Prepare recipe, demonstrating how to steam squash and mash.
4. Show and serve finished product.

## Cushaw Pie

**2 cups** cooked and mashed cushaw squash      **1 teaspoon** vanilla extract  
**¼ cup** butter      **½ teaspoon** nutmeg  
**¼ cup** sugar      **¼ teaspoon** ground cinnamon  
**½ cup** brown sugar      **1 9-inch** graham cracker pie shell  
**2** eggs      (A 9-inch pastry pie crust may be substituted)  
**1 teaspoon** lemon extract

### Directions:

**To prepare squash:** Wash and remove rind from the squash. **Cut** flesh into 1 inch squares.

**Steam** squash cubes until tender. Drain and mash.

**Preheat** oven to 400° F. In a large bowl, mix together the cushaw, butter, and sugars.

**Add** eggs, lemon extract, vanilla extract, nutmeg and cinnamon. **Mix** until smooth.

**Pour** mixture into pie shell.

**Bake** 15 minutes at 400° F.

**Reduce** oven temperature to 350° F and bake pie for an additional 45 minutes or until filling sets.

**Yield:** 8 slices

**Nutritional Analysis:** *250 calories, 13 g fat, 5 g saturated fat, 2.5 g trans fat, 70 mg cholesterol, 140 mg sodium, 33g carbohydrate, 1 g fiber, 3 g protein.*

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### Kentucky Proud Project

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