

Butternut Squash Salad w/ Champagne Vinaigrette

Swick

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Steaming the Butternut Squash

- 1 medium butternut squash
- pinch sea salt

Set up a steamer. Fill with one inch of water and place over medium-high heat. Refer to the lessons on Steaming for more information, if necessary.

Peel the squash and remove the seeds. Cut into even, 1" -inch cubes and place into the steaming basket.

Once the water is simmering, place the basket over the pot and season the squash with a pinch of salt. Cover with a lid. Steam until tender and cooked through, about 10 to 15 minutes or so.

Step 2: Preparing Your Mise en Place

- 1/4 tsp cumin seeds
- 1 small shallot
- 2 tbsp cilantro leaves
- 1 tbsp champagne vinegar
- 3 tbsp extra-virgin olive oil
- 1 tbsp agave, to taste
- sea salt, to taste
- freshly ground black pepper. to taste

While the squash is steaming, toast the cumin seeds. Heat a small fry pan over low heat. Add the seeds and cook until fragrant. Once done, remove them from the pan and set aside.

To make the vinaigrette, place the champagne vinegar, honey and olive oil into a small jar. Season with salt and pepper to taste. Shake the vinaigrette to emulsify and taste for seasoning, adding more honey, champagne vinegar, salt and/or pepper to taste. Set aside.

Emince the shallot lengthwise and roughly chop the cilantro leaves. Set aside.

Step 3: Assembling the Salad

Once the squash is just tender, transfer to a large bowl and let cool to room temperature.

Sprinkle the shallots and cumin seeds over the squash. Shake the vinaigrette again to make sure it is emulsified. Pour it over the squash and toss gently to coat. Transfer the salad to a serving bowl and garnish with the chopped cilantro. Serve.