

# Family Friendly

by Lukas Volger

## Steamed Kabocha Squash Salad with Turmeric and Cucumbers

- Inspired by Japanese treatments for simmered kabocha, this is a simple, fast way to cook your hardy winter squash.
- While you won't get the concentrated, caramel notes that happen with roasting, you will get a very pure and clean expression of the vegetable's flavors. Use the method anytime you need to cook your squash in a pinch.
- This is a simple salad where cucumbers and onion add a bit of extra crunch, and a zingy citrus dressing plays off the bright, fresh notes of the squash.
- The cooking times may be a little different, but the method would work just as well with other winter squash like butternut or red kuri.
- Pile this over salad greens or cooked grains to make it more of a meal.

---

***Yield*** About 4 servings | ***Prep and cook time*** 25 minutes

About 2 pounds kabocha squash (about half a medium-sized one)  
2 skinny scallions, white and light green parts, thinly sliced  
¼ cup fresh-squeezed orange juice  
2 tablespoons fresh-squeezed lemon juice  
2 tablespoons olive oil  
1 teaspoon honey  
1 tablespoon freshly grated turmeric, or ½ teaspoon dried  
½ teaspoon salt  
1 shallot or ½ small sweet white onion, sliced into very thin strips  
1 persian cucumber, sliced into thin half-moons  
Handful coarsely chopped cilantro or other tender herb you like  
Freshly ground black pepper

1. Scoop out the seeds and the stringy pulp from the cavity of the squash (save it if you'd like to roast the seeds, or add it to your next batch of vegetable stock), then carefully cut the squash into evenly-sized wedges about ¾-inch thick using a sharp, sturdy knife. The skin will soften when you cook it, so there's no need to peel.
2. Place a collapsible steamer insert into a pot or dutch oven and fill the pot with about ½ inch of water. Bring to a simmer, then arrange the squash in the steamer basket in an even layer. Cover the pot and cook

until you can easily pierce one of the thickest pieces with a paring knife, all the way through the skin, for 8 to 12 minutes, or more. If you want to test doneness, remove a piece and cut off a little bite to taste.

3. While the squash steams, combine the scallions, orange juice, lemon juice, olive oil, honey, turmeric, and salt in a jar or tall glass. Taste. If your turmeric is particularly strong, you may want to add a bit more honey.

4. Transfer the squash to a shallow bowl or baking dish and immediately pour the dressing over it. Gently turn each piece a few times to evenly coat, then let stand for at least 10 minutes. Stir in the onion and cucumber and allow the salad to cool. To serve, garnish with the cilantro and black pepper. Packed in an airtight container, this salad will keep for a few days.