



BUTTERNUT SQUASH FRITTERS

Chef@Market: Maggie Haren

October 17, 2020

Squash is in season and there are so many beautiful varieties! Butternut, Acorn, Kuri, Pumpkin, Delicata, Kabocha, and more. Butternut squash, sometimes known in Australia and New Zealand as butternut pumpkin or gramma, is a type of winter squash that grows on a vine. It has a sweet, nutty taste similar to that of a pumpkin. It has tan-yellow skin and orange fleshy pulp with a compartment of seeds in the bottom. Today we'll make some little fritters that will be sure to please, and to satisfy your taste for something different!

¼ cup	yellow onion, small dice
1 Tbs	olive oil
2 cups	butternut squash, peeled, seeded + grated
½ tsp	curry powder **
½ tsp	cumin **
½ tsp each	salt and pepper or to taste
1	egg, beaten
1/4 cup	flour (you can use gluten free)
2 Tbs	olive oil for frying
¼ cup	sour cream
2 Tbs	toasted pumpkin seeds **



- Add the olive oil and the diced onion to a large skillet. Cook on medium low heat until the onion is soft and translucent, about 10 minutes. Avoid browning as that is a different flavor profile.
- In the meantime, peel and grate the squash so you have 2 cups of grated, packed tightly into a measuring cup. Add the spices, seasonings, and beaten egg and the cooked onion. Mix well.
- Add the flour and mix well. The mixture should be fairly thick so as not to be runny in the skillet.
- Add 2 tablespoons of olive oil to the same skillet you used to cook the onions on medium low heat. Let that heat for about 1 minute.
- Add about 2 Tbs. of mixture to the skillet to form a patty. Cook on one side until golden brown. Flip and brown the other side. About 3 – 5 minutes per side depending on the heat setting.
- Remove to a paper towel and let cool for 5 minutes.
- Ready to serve as an appetizer or a side dish.
- Serve with some sour cream for dipping, and sprinkle with toasted pumpkin seeds.

Maggie's Recipe Tips:

- **** these ingredients are optional, use whatever spices you like. You can substitute ¼ tsp. sage, or cinnamon and nutmeg. They would be equally good with only salt and pepper!**
- **Make these any size you like. Silver dollar sized patties are great for an appetizer.**
- **Substitute the sour cream with plain yogurt seasoned with a little cumin or curry for dipping.**
- **Use ANY hard squash to make this recipe.**

Find all of our Market Recipes at the Ocean Pines Website:

<https://oceanpines.org/web/pages/forms-documents-farmers-market-recipes>

Ocean Pines Farmers Market – at White Horse Park - 239 Ocean Parkway, Ocean Pines, MD 21811

Saturdays 8am to 1pm – Year-round