



ACORN MAPLE SQUASH

Ingredients :

- 25ml water & 25ml maple syrup
- ½ acorn squash seeded
- 15 ml butter
- 1 pinch nutmeg
- 50ml cream
- 50ml maple syrup

Preparation :

In a Cuisine Santé International 1.5 liter cookware add the water and maple syrup mixture. Add the squash, its cavity on top. Put butter into the cavity, nutmeg, cream and maple syrup. Close the cover and place on stove over medium heat. When the temperature reaches 40°C turn down to low heat.

Continue cooking until the temperature reaches 80 °C.

Turn off the heat and let it cool.