



French Cuisine

MADE SIMPLE

Baked Butternut Farcie

Butternut farcie au four

 4 people

 15 mins prep time

 70 mins total time

 Easy

INGREDIENTS

- 1 butternut squash
- 1 ½ cups (350 g) ground beef
- ½ red onion diced
- grated cheese for the topping
- 1/8 tps cumin, 1/8 tsp coriander,
- 2 pinches of cayenne pepper, 2 pinches of nutmeg
- salt and pepper to taste



DIRECTIONS

Butternut Preparation

1. Preheat oven to 400°F
2. Cut the butternut long-ways and scoop out the seeds and strings.
3. Carefully cut diagonal slits in the butternut being carefully not to pierce the outer skin. This allows the butternut to cook more evenly in the oven.
4. Take a casserole dish and cover the bottom of the dish completely with a thin layer of water.
5. Place the two halves flat-side down in the water, placing it in the oven at the bottom rack for 30 minutes.
6. At the end of 30 minutes, carefully turn the butternut over and lightly salt and pepper the tops. If the water evaporated from the dish, cover the bottom of the dish again with water.
7. Cook the butternut for a remaining 30 minutes or until it is cooked. If the butternut is browning too quickly, cover the top with parchment paper.
8. Remove the butternut dish from the oven when it is finished cooking.

Filling Preparation

1. While the butternut is cooking, sauté the diced onions for 1-3 minutes.
2. Add in the ground beef and mix.
3. Add the spices and mix. Do not overcook the meat as it will finish cooking in the oven for five minutes. Set the meat mixture aside when finished.



4. Once the butternut is cooked, pull the dish out of the oven and add the meat mixture to the butternut. Slightly push the meat mixture down in the empty curve of the butternut and extend the meat slightly up to the smaller end of the butternut.
5. Add your favorite cheese on top, garnish with onions and cayenne pepper, then place the dish back in the oven for a maximum of five minutes.
6. Remove the dish from the oven and serve.
7. I usually cut a butternut in half long ways, as one butternut half would serve two people.
8. Serve with a side of quinoa or salad and enjoy!

Bon Appetit!
Emilie Anne 

