



Grill-Roasted Spaghetti Squash with Molasses and Butter

Serves 4

by Barton Seaver

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Spaghetti squash is a strange ingredient. In its whole form, it is the most perfect-looking yellow orb, kind of retiring in nature, especially when put next to some of the more unruly kids in the squash family. Even when it is cut in half, it offers no hint as to the provenance of its name. Not until the tender flesh is cooked and the halves are squeezed does the stringy, spaghetti-like texture show itself. Spaghetti squash is very tasty, but with a mild flavor; it lacks the potent sweetness of some other squash varieties. It is best to start it in the oven, then finish it on the grill to ensure that it cooks in the time you expect it to.

1 large spaghetti squash

2 Tbs. unsalted butter

Kosher salt

1-1/2 Tbs. molasses or maple syrup

Preheat the oven to 325°F.

Cut the squash in half lengthwise and scoop out the seeds. Place the squash, cut side down, on a rimmed baking sheet with just enough water to cover the bottom. Transfer the squash carefully to the oven and bake for 25 minutes. Remove it from the oven equally carefully; the water should have evaporated, but you could splash yourself if any remains. Remove the squash from the sheet and allow it to cool at room temperature, cut sides up, until ready to use.

Just before serving, set the squash, cut side down, on the grill directly over the coals of a small wood-infused fire. Grill for 3 to 4 minutes, then flip, moving the squash to the coolest part of the grill. Add 1 Tbs. butter to each half, season to taste with salt, and drizzle on the molasses. Cover the grill and cook until the butter is melted, about another 2 minutes.

Take the squash off the grill and, using tongs, squeeze the squash halves to release the flesh. Use a fork to gently shred it and mix it with the butter. Serve immediately in the shells.

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