

Kids Kitchen

Week 4 - Maple Glazed Squash

(Canada)



Equipment Needed

- Clean damp cloth for wiping surfaces
- Oven mit for grabbing hot items out of the oven
- Cutting board
- Knife
- Measuring cups/spoons
- High-walled baking dish for roasting squash
- Baking sheet for roasting root vegetables
- Large bowl for mixing root vegetables and kale

Ingredients

- Kabocha squash
- 1 yam
- 1 broccoli

- 1 bell pepper
- 2-3 kale leaves
- 2 sprigs of thyme
- ¼ cup maple syrup
- ¼ cup apple cider vinegar
- 2 tbsp butter
- 2 tbsp vegetable oil

Instructions / Cooking Steps (see glossary for definitions)

1. Set up cooking area, tools and ingredients (**mise en place**)
 - a. Sanitize work surfaces
 - b. Locate all equipment needed (pots, pans, measuring cups, knives, bowls, etc.)
2. Preheat the oven to 375 degrees fahrenheit or 190 degrees celsius. Make sure you have two racks to use, or one rack big enough to hold the baking sheet and the baking dish.
3. Rip apart the kale into bite-sized pieces and place in the large bowl. Lightly season with salt and massage the kale with your hands.
4. **Small dice** the bell pepper and place into the same bowl with the kale, drizzle with apple cider vinegar and mix together.
5. Pull the leaves off of the thyme stems and place in a small bowl

For the next two steps, make sure you cut and season all the vegetables and place them on their respective trays, ready to go in the oven at the same time. Cutting the kabocha can take a while so just make sure that you have everything cut and ready, and that way you won't have one thing finished way before the other.

6. **CAREFULLY** cut the kabocha lengthwise and scoop out the insides with a spoon. Then cut the stem off and cut each half in half again, lengthwise. Cut each piece lengthwise once more and lay in the baking pan, drizzle with 1 tbsp of oil and season with salt and pepper and thyme. Place on the top rack of the preheated oven for 10 minutes, flipping them once at the 10 minute mark. When you flip them, add the maple syrup and apple cider vinegar and continue baking them for another 10 minutes or so.
7. **Large dice** the yam and cut the broccoli into large pieces and place in the medium bowl. Drizzle 1 tbsp of olive oil over yam and potato and season with salt and pepper. Once seasoned, place yam and potato on the baking sheet and bake them in the oven for 15-20 minutes.
8. Once you remove the yam and potato from the oven, place them directly into the bowl with the kale and peppers and stir them together.
9. Now you're ready to plate!

Plating / variations

As you can see in the picture, the bone of the pork chop makes a nice rounded area for the vegetables to sit around. Some other ways a pork chop like this could be plated is the same way we did the chicken tarragon, with the meat sitting on top of mashed potatoes. Also, if you were going to serve the pork chop on it's own, chefs sometimes will carefully take off the meat from the bone with a fillet knife, make nice slices of pork, then place it back beside the bone (this is done with many large "bone-in" meat dishes: a T-bone steak for example). Again, if you feel any push to try something new in plating then go for it! You can add a fresh few pieces of thyme, decorate the plate with appropriately matched spices, or whatever comes to mind. There is no right or wrong!

Glossary

Mise en place: A french term meaning "everything in its place." It is the process of preparing food items, as well as cooking items, and is used in professional kitchens to maintain efficiency and cleanliness.

Small dice: To dice is to cut into small cubes, in this case we want the cubes to be quite small.

Large dice: Same as above: to cut into cubes but in this case we want a larger size.

Saucepan: Deep stove-top pan, often with a lid.

Fond: crispy pieces burnt onto the bottom of a hot pan, usually after searing meat.

Deglaze: Scraping the fond from the bottom of a pan usually using some kind of liquid