



# Acorn Squash in *Coconut-Pepper Cream*

BY CHEF ASHA GOMEZ

SERVES 4

INGREDIENTS → 1 Acorn Squash in Coconut-Pepper Cream Seasoning Card:  
• 1 tsp (2 pods) Nutmeg  
• 1 tsp (2 pods) Cumin Seed  
• ½ tsp (1 pod) Black Mustard Seed  
• ½ tsp (1 pod) Tellicherry Black Pepper  
• 1 tsp (2 pods) Turmeric

## FRESH

- 2 medium acorn squash (about ½ lb each)
- 4 Tbsp unsalted butter
- 1 red bell pepper, thinly sliced
- 1 small poblano pepper, thinly sliced

## PANTRY

- 2 Tbsp honey
- 1 Tbsp olive oil
- 1½ tsp kosher salt
- 1 14oz can coconut milk (about 1½ cups)

SERVE WITH →

- Amma's Dill and Red Onion Rice
- Simple green salad
- Any protein

RECIPE SEASONING CARDS BY CHEF ASHA GOMEZ AVAILABLE AT [EATOCCO.COM](http://EATOCCO.COM)

## INSTRUCTIONS

- 1. PREP:** Heat the oven to 400°F and line a rimmed baking sheet with parchment paper or foil.
- 2. PREP & ROAST THE ACORN SQUASH:** Cut both squash in half from stem to end, and remove the seeds from each half. Place the 4 pieces of squash, cut side up, on the baking sheet. Cut the butter into 4 small chunks, divide them and drop into each cavity of the squash. Drizzle honey inside each half. Sprinkle the 4 squash pieces with 2 Nutmeg pods divided between them. Bake for 30 minutes, until the squash meat is very tender when you poke it with a fork.
- 3. MAKE THE GRAVY:** While the squash is baking, heat 1 Tbsp olive oil over medium heat in a medium skillet. Add 2 Cumin Seed pods, 1 Black Mustard Seed pod, and 1 Tellicherry Black Pepper pod to the skillet and cook for 15-20 seconds. This is called “blooming” the spice and it will make the spices very fragrant. Add 2 Turmeric pods and salt and stir to combine. Add the red bell pepper and poblano pepper and vigorously saute for 1 minute, like you would a stir fry. Pour the can of coconut milk over the mixture and bring to a boil. Once boiling, immediately remove the skillet from heat.
- 4. PLATE:** Place a half of squash on each plate and fill the pit of each squash with the gravy, using all of the gravy between the 4 portions. Serve with your favorite protein or Amma’s Rice and eat until *occo!*

OUR NAME COMES FROM THE ITALIAN WORD *ABBIOCCO*, WHICH ROUGHLY TRANSLATES TO THAT SLEEPY FEELING YOU GET AFTER A BIG, DELICIOUS MEAL. PUT ANOTHER WAY, “FOOD COMA.” OUR RECIPES ARE DESIGNED TO CHASE THAT DREAMY, SLIGHTLY DROWSY FEELING AFTER AN A+ MEAL.

Eat until *occo!*