

Butternut Squash Diced Frozen #18245 ALASKO 6/2kg



Other Alasko Frozen Vegetables;

- 18100 ASPARAGUS SPEARS(CELO BAGS) 4/1 kg
- 18106 BEANS FRENCH CUT GREEN 6/2 kg
- 18110 BEANS GREEN CUT 6/2 kg
- 18115 BEANS GREEN WHOLE FCY 6/2 kg
- 18125 BEANS LIMA BABY - Froz. IQF 6/2 kg
- 18120 BEANS WAXED CUT 6/2 kg
- 18121 BEANS WHOLE YELLOW / WAXED 1/7 kg
- 18132 BROCCOLI CHOPPED 6/2 kg
- 18135 BROCCOLI SPEARS FANCY 12/1 kg
- 18140 BRUSSEL SPROUTS FANCY 6/2 kg
- 18152 CARROT STICKS 2.25 6/2 kg
- 18150 CARROTS SLICED CHOICE 6/2 kg
- 18155 CARROTS WHOLE BABY (Belgian) 6/2 kg
- 18160 CAULIFLOWER IQF FANCY 6/2 kg
- 18167 CORN KERNEL Peaches & Cream 6/2 kg
- 18165 CORN WHOLE KERNEL FANCY 6/2 kg
- 18180 MIX VEG - ITALIAN 6/2 kg
- 18200 MIX VEG - ORIENTAL 6/2 kg
- 18204 MIX VEG - PRINCE EDWARD 6/2 kg
- 18176 MIX VEG - Reg. Choice (4Way) 6/2 kg
- 18175 MIX VEG - REGULAR(4way) FANCY 6/2 kg
- 18260 MIX VEG - WINTER BLEND 6/2 kg
- 18195 ONIONS DICED SPANISH 6/2 kg
- 18191 ONIONS WHOLE PEARL 5/1 kg
- 18216 PEAS AND CARROTS FANCY 6/2 kg
- 18215 PEAS FANCY IQF 6/2 kg
- 18225 PEPPERS DICED GREEN 6/2 kg
- 18230 PEPPERS DICED RED 6/2 kg
- 18235 POTATOES DICED ALL PURPOSE 6/2 kg
- 18210 SNOW PEAS "PEA PODS" I.Q.F. 1/10 kg
- 18240 SPINACH LEAF FANCY 12/1 kg
- 18250 TURNIP DICED (RUTABAGAS) 6/2 kg
- 18267 ZUCCHINI SLCD CRINKLE CUT 6/2 kg

Winter vegetables are very popular and meet the growing demand for low fat healthy cooking, that your customers are asking for. This product makes your work load lighter while maintaining all the flavour and goodness.

Simple Butternut Squash Soup

INGREDIENTS

- 4 cups frozen diced butternut squash #18245
- 2 tbsp butter #44110
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 medium carrot, cubed
- 6 cups chicken stock #02863
- Non-stick spray #13610
- Nutmeg #13990
- Salt
- freshly ground black pepper
- Garnish; cream & chives, chopped



DIRECTIONS

Spray a roasting pan with a non-stick spray, roast diced squash in the oven for 8-12 minutes. In a large pot melt butter and saute onion, celery and carrot until tender, about 8 minutes. Add squash and about 3/4 of the stock. Bring to a simmer and cook, about 20 to 30 minutes. Transfer soup to a blender and blend until smooth. Return to pot, and mix in any remaining stock to attain desired consistency. Stir and season with nutmeg, salt, and pepper. Garnish with a swirl of cream and chives.

Nutmeg Whipped Squash

INGREDIENTS

- 4 cups frozen diced butternut squash
- 3 tbsp. butter
- 2 tbsp. brown sugar
- 1 tsp. ground nutmeg
- salt to taste



DIRECTIONS

Cook squash in boiling, salted water for 5-10 minutes until tender. Drain well. With rotary or electric beater, whip squash until smooth with butter, brown sugar, nutmeg, and salt.