

How to Cut Winter Squash

With Cynthia from Down to Earth

[Music Playing]

Cynthia: Hey everyone!

I'm Cynthia from Down to Earth.

And the holidays are right around the corner...

And one of our favorite ingredients to enjoy during the holidays is...

Winter Squash...

A lot of people don't like to use winter squash...

Because it is very thick-skinned...

So they're afraid to cut themselves when they prepare it...

But today, we're going to share with you one of our super easy kitchen tricks.

It will have you enjoying it all throughout the holidays.

To soften your winter squash...

What we're going to do...

Is we're going to bring a large stock pot of water to a very low boil.

Once it starts bubbling just a little bit...

You want to turn off the heat.

And carefully put in your Winter Squash.

In the hot water...

Please be very careful...

You don't want to burn yourself.

So very slowly, put it in.

And you're going to let it sit there for about two to three minutes.

Afterwards, we're going to flip it over...

So that the top side of the squash can get [soft] as well...

In the hot water...

Once you've let your Winter Squash sit in the hot water for a few minutes...

You want to drain the water out of the stock pot.

And transfer your squash over to a cutting board.

Make sure to give it a nice pat-down...

To make sure that it's not wet or slippery...

When you cut through it...

You have a nice flat squash like our Kabocha squash here...

It's fairly easy to cut through it...

But if you have something odd-shaped like our Butternut Squash...

Or Acorn Squash...

You want to make sure that there's a nice flat edge for you to cut...

To stabilize it...

So for the Butternut Squash, you want to cut the bottom....

And the top...

And right here in the middle...

Where this bell-shaped part of the [Butternut] Squash starts...

And for the Acorn squash, you want to make sure to cut the bottom.

And give yourself a nice flat edge...

So that it's easy to cut... to hold it... to cut through.

To cut your Winter squash...

You want to take your Chef knife...

And point it on the very top of the squash...

And push through, very firmly...

Should be easy...

Because you let it sit in the hot water to soften.

And you're going to press through... all the way through...

And then you're going to repeat it with the other side.

Be very, very careful...

Once you've cut your Winter squash through...

It should be fairly easy to split it into two equal halves...

You want to get rid of all the pumpkin seeds, and the pulp in the middle.

Just take a spoon and scoop it out into a bowl.

You can wash these and dry them.

And eat them roasted...

And they're really great snacks that way...

Or you can compost them...

Or you can even discard them...

If you don't need them for anything else.

Now you're ready to enjoy your Winter squash...

In any of your favorite recipes...

Well, we hope you enjoyed our video today...

And hope you get a chance to try out all of the different varieties of Winter Squash...

This holiday...

If you have any questions, check us out on Facebook...

Or check us out on our website at DowntoEarth.org

Happy Holidays everyone!

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