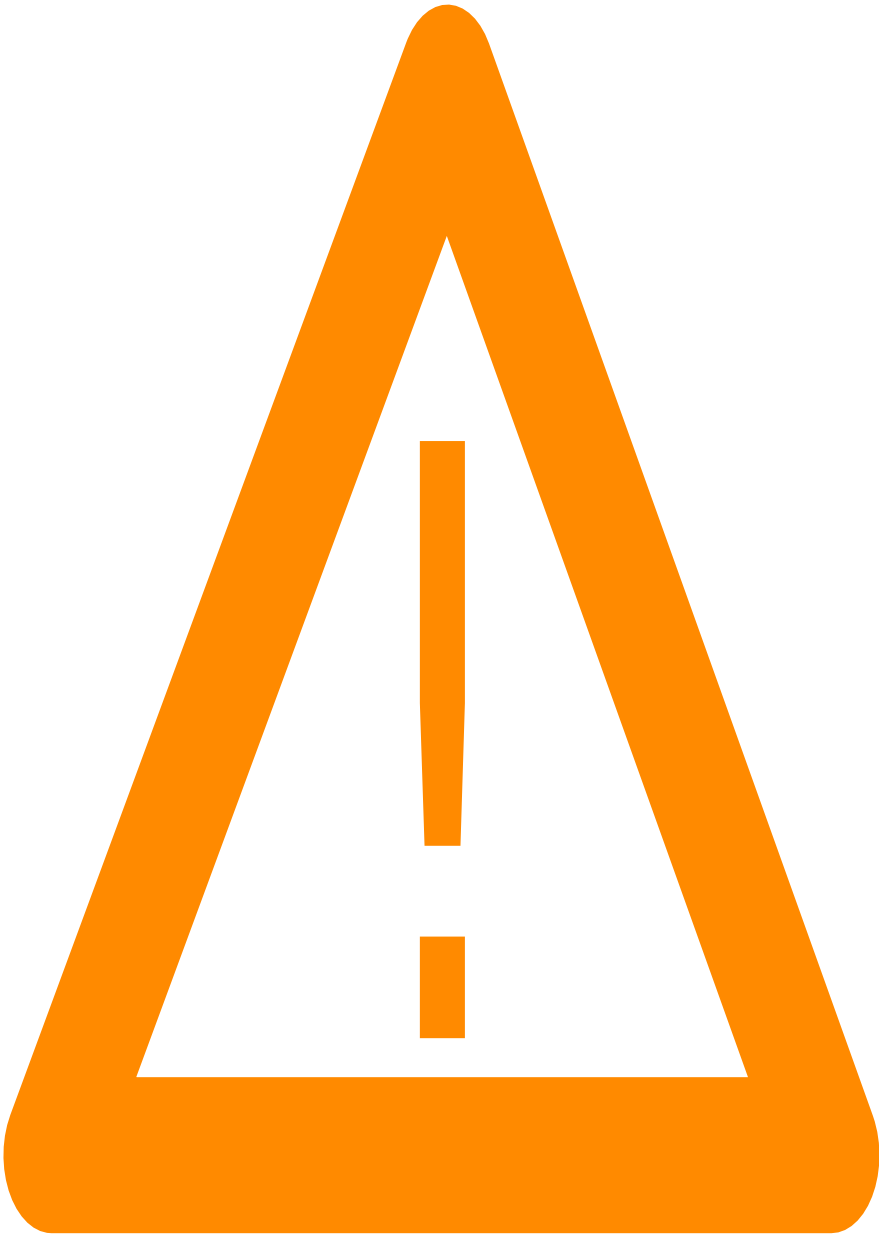


Miso Glazed Delicata Squash

This is a simple recipe which by just adding a bit of miso you will find yourself indulging a simple roasted delicata squash with a hint of umami flavor.



Have you ever tried Delicata squash? If you have not, please check this post to see how this squash looks like.

Anyway, this is a twist on the roasted Delicata squash recipe, miso is added almost at the end to give the squash an umami touch. I grew up with miso, therefore I never thought much about it, until recently I realized that I like the taste of miso and could not explain why...here is why, it is the now well accepted UMAMI taste which is known as the fifth primary taste.

This is such a simple and easy recipe that can be easily added to your Thanksgiving table as one of the side dishes...you will be surprise what a little touch of miso can do to your squash. I choose the Delicata squash due to its delicate texture and the pretty shape, please feel free to adapt this recipe to any kind of squash of your preference.

Ingredients:

- 2 Delicata squashes, sliced and seeds removed
- 1 $\frac{1}{2}$ teaspoons white miso
- 1 teaspoon sugar
- 1 tablespoon sake
- 1 $\frac{1}{2}$ teaspoons sesame oil plus extra



Method:

Preheat oven to 425F

In a bowl add the sliced Delicata squash and toss a little sesame oil. Spread the squash on an oven safe tray in a single layer and roast for 30 minutes or until the squash are soft.

In the meantime in a small bowl mix the miso, sugar, sake, sesame oil until a thin paste.

Brush the roasted squash with the miso mixture and place it

back to the oven.

Broil for 5 to 10 minutes.

Serve warm or cold.





If you enjoy this miso, you may want to check on this exotic Miso Caramel Sauce recipe.



Did you know that miso is made from fermented soybeans? Miso is part of Japanese cuisine and presently has been getting very popular worldwide. There are many types of miso which can vary depending on the region that it is produced.

Oh...before I go...



***Thank you for stopping by Color Your Recipes...have
a colorful week!***