

Baked Yellow Squash ("Squash Fish")

Choose squash that are about the same size, so they will cook in the same amount of time. Preheat oven to 400° F. Wash squash and cut in half lengthwise. Make several slices in the "tail" and carefully make shallow diagonal slits in both directions about ½-inch apart (see photo). Lightly oil a baking pan and brush a little oil on each "squash fish". Bake for 45 minutes, then remove and brush a little shoyu on each piece. Return to the oven and bake 10 minutes more, or until soft.

Preparation List:

Serves 4

- 4 crookneck squash
- vegetable oil for basting
- about 2 teaspoons shoyu