

Squash "Pie" with Sweet and Savory Onion Topping

Soak the fu until thoroughly softened (5-10 minutes). Gently squeeze out excess water and line an 8-inch-square baking pan with the fu.

Heat the oil in a large skillet, add the squash and a small pinch of salt and sauté briefly. Add water to cover the bottom of the pan, lower heat, cover, and simmer until completely tender (about 20 minutes). Check occasionally and add a little more water if necessary. When the thickest pieces are easily pierced with a fork or skewer, add the ginger juice and toss. Mash until smooth with a potato masher or put through a food mill. The filling should have the consistency of mashed potatoes or be slightly wetter. If too dry, add a little water or rice "milk". If too wet, add 1 tablespoon arrowroot dissolved in 1 tablespoon cold water. Spread the squash evenly over the fu.

Meanwhile, sauté the onions in sesame oil until translucent. Toss in a pinch of salt, cover, and cook 20 minutes over low heat. (Long cooking makes the onions very sweet.) Combine the miso and mirin, add the mixture to the onions, toss, and simmer 1 minute. Spread the onion topping over the squash.

Bake at 350° F for 25-30 minutes. Slice and serve garnished with sprigs of parsley or watercress.

Preparation List:

Serves 6

- 3 sheets shonai fu

Filling:

- 1 teaspoon sesame oil
- 1 large butternut squash, peeled, seeded, and cut into bite-sized chunks
- pinch sea salt
- ½ teaspoon ginger juice

Topping:

- 2 large onions, thinly sliced
- 1 teaspoon sesame oil
- pinch sea salt
- 3 tablespoons white miso
- 3 tablespoons mirin
- parsley or watercress sprigs for garnish