

## Delicata Squash 'Anna' - by Healing Family Eats

*The beauty of this recipe is that it can be prepared ahead of time and left in the fridge until an hour before you need to serve it. I'm a great fan of making life simpler in the kitchen, especially at dinner time when you're likely tired and would really rather be flopping in front of the goggle box! Be generous with the seasoning, it really does need it and this will push the squash well and truly into the savoury category as opposed to the sweet.  
(serves 4)*

3 delicata squash (approx 1.2 kg in total weight)  
1.5 tbsp duck fat, melted  
4-5 fresh sage leaves, finely chopped  
sea salt (I use [this one](#))

Preheat the oven to 400F / 200C

Peel, halve the squash width ways and then remove the seeds. Slice the squash very thinly with a mandolin if you have one, and failing that in a food processor or by hand. The important part is to ensure they are thin and evenly sliced.

Grease the bottom of a medium sized ovenproof dish with some of the duck fat. Arrange a neat layer of overlapping squash on the bottom of the dish. Brush the squash with duck fat and season generously with salt and a small amount of sage. Continue to layer the squash, fat and seasoning until all the squash is used up. Finish with fat and seasoning. Cover with a greased piece of baking parchment and weight it down with something heavy enough to compact the squash. This is important because otherwise it'll just fall apart (I use a smaller ovenproof dish filled with some rice that I found in my cupboard, which will never be used for anything else!). Cook for around 45 minutes, or until lightly coloured and tender when pierced with a knife.

Place a serving plate over the pan and turn upside down to release the 'Anna'. Gently turn out and serve immediately.

