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Spaghetti Squash with Tomato Confit
 Cookbook(s): Professional Cooking, 7th edition

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 Updated: 01-04-2010

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Recipe sizing is not an exact science. To achieve the best results after resizing a recipe, test it and make adjustments as needed.

Scale: Full recipe | [Double Recipe](#) | [Halve Recipe](#) |

Portions: 12 US Yield: US Portion Size: each Metric Yield: Metric Portion Size: each

Portion size: 2.75 oz (80 g) squash, 1.5oz (45 g) tomato confit

Stage 1

Ingredients:

US Amount	US Unit	M Amount	M Unit	Ingredient	Preparation
0.25	oz	7	g	Garlic	sliced
2.5	fl oz	75	mL	Oil, olive	
1.75	lb	850	g	Tomato, peeled, seeded, and chopped	
2.5	tbsp	37	mL	Capers	Rinsed and drained
1.5	oz	45	g	Black olives	European type such as Kalamata, pitted and sliced
to taste	---	to taste	---	Salt	

Procedure:

1. Over moderate heat, sweat the garlic in the olive oil until lightly cooked. Do not brown.
2. Add the tomatoes. Stir and cook until the liquid evaporates and the tomatoes are very thick.
3. Add the capers and olives. Cook another minute.
4. Season to taste with salt.
5. If making in advance, cool and refrigerate until needed.

Stage 2

Ingredients:

US Amount	US Unit	M Amount	M Unit	Ingredient	Preparation
4.5	lb	2.2	kg	Squash, spaghetti	
1.5	fl oz	45	mL	Oil, olive	Optional

Procedure:

6. Pierce the squash in several places with the tip of a sharp knife, to allow steam to escape.
7. Place in a hotel pan or baking pan. Add about 1 in. (2.5 cm) water to the pan. Cover with foil. Bake at 375°F (190°C) for 1 hour. Test for doneness by inserting a sharp knife to determine if the squash is tender.
8. Carefully cut the squash in half. Scrape out the seeds and discard.
9. With a fork, scrape out the spaghetti-like strands of squash flesh from the shells.
10. For service, the squash may be finished in one of two ways. Reheat the tomato mixture, if necessary, and toss with the squash. Alternatively, toss the squash with the olive oil if desired, and plate. Top with a spoonful of the tomato mixture.

Variations:

Alternative Baking Method

Cut the raw squash in half lengthwise and scrape out the seeds. Place cut side down in a hotel pan and add about 1 in. (2.5 cm) water to the pan. Cover with foil and bake as : Do not allow the squash to become too tender, as it will become too soft and lose its spaghetti-like quality.

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