

Halloween recipes

Spaghetti Squash Gratin

MAIN COURSES

Preparation time: 1 hour

Baking time: 30 minutes

Yield: 6 servings

Ingredients	Amount		Method
	Metric	Imperial	
Spaghetti squash	1	1	<p>Preheat oven to 350°F.</p> <p>Cut squash in half, remove as many seeds as possible, place halves in a baking pan, cover with aluminum foil and bake about 1 hour.</p> <p>In the meantime, prepare meat sauce. Sauté onion in oil, add garlic and ground beef. Cook 5 minutes, until meat is no longer pink.</p> <p>Add tomatoes, tomato paste and seasonings and cook about 30 minutes over medium heat.</p> <p>In another saucepan, make white sauce. Melt butter, add flour and cook 1 minute. Whisk in milk and nutmeg and cook 7 to 10 minutes, stirring constantly until thickened. Remove from heat and stir in grated cheese.</p> <p>In small bowl, beat eggs and add a small amount of white sauce (500 ml), then whisk into sauce and cheese mixture.</p> <p>Once squash is cooked, remove flesh (it will shred with a fork easily) and stir in white sauce.</p> <p>Place half of squash mixture in a 3-litre ovenproof dish.</p> <p>Top with meat sauce and then remaining squash mixture.</p> <p>Stir together Parmesan cheese and bread crumbs and sprinkle over top.</p> <p>Bake about 30 minutes. Let stand 15 minutes before serving.</p>
Meat sauce			
Olive oil	15 ml	1 Tbsp.	
Onion, minced	1	1	
Garlic cloves, minced	2	2	
Lean ground beef	500 g	1 lb.	
Tomatoes, diced	750 ml	3 cups	
Tomato paste	30 ml	2 Tbsp.	
Oregano	7 ml	1 1/2 tsp.	
Cinnamon	5 ml	1 tsp.	
Cayenne pepper	1 ml	1/4 tsp.	
Salt and pepper to taste			
White sauce			
Butter	75 ml	5 Tbsp.	
Flour	75 ml	5 Tbsp.	
Milk	1.25 L	5 cups	
Nutmeg	1 ml	1/4 tsp.	
Eggs	2	2	
Grated Cheddar* cheese	500 ml	2 cups	
Topping			
Parmesan cheese	125 ml	1/2 cup	
Bread crumbs	125 ml	1/2 cup	

* You can use medium or old Cheddar, or Gouda, Oka, Colby, farmer or any favourite firm cheese. For a stronger flavour, try blue cheese, on its own or blended with another type of cheese.