

MedWatch **RECIPES**

T O D A Y

Butternut Squash Ravioli

by Sous Chef Daniel Thomas, Fresno Heart & Surgical Hospital

Yield: Serves 12

Ingredients:

For the dough:

- 2 cups all-purpose flour
- ½ cup semolina flour
- ¼ cup extra virgin olive oil
- 1 tbsp. salt
- 4 large eggs
- 2 separated egg yolks

For the brown butter sage sauce:

- 1 cup unsalted butter
- ¼ cup fresh sage
- ¼ cup heavy cream
- 1 tbsp. sea salt
- 2 tsp coarse ground black pepper
- 1 tbsp. peeled and minced garlic clove

For the butternut squash ravioli filling:

- 1 butternut squash
- 1/3 cup sea salt
- 1/3 cup coarse ground black pepper
- ¾ tbsp. pumpkin spice
- ¾ tbsp. ground cinnamon
- ¾ tbsp. ground nutmeg
- ¾ tbsp. ground ginger
- ¾ tbsp. ground allspice seasoning
- ½ cup unsalted butter
- ½ cup canola/extra virgin olive oil 90/10 blend

Directions:

For the dough:

1. Mix all dry ingredients together, and then form a funnel in the middle.
2. Add eggs and olive oil in the middle.
3. Mix all ingredients together until it forms a dough ball.
4. Wrap in plastic, and chill for at least forty-five minutes.

For the butternut squash ravioli filling:

1. Halve the butternut squash then place on a sheet pan.
2. Drizzle butter and oil over it, then add seasoning.

3. Roast at 350 degrees for 25-35 minutes. As soon as it's cooked, pull it out of oven and peel the squash then take a fork and smash it.

For the brown butter sage sauce:

1. Heat the pan until very hot then add butter.
2. Once the butter starts browning, add minced garlic and sage leaves.
3. Crisp sage and brown the garlic, then add cream and season to taste with salt and pepper.
4. Reduce sauce until it meets desired consistency, and serve over pasta.

Putting it all together:

1. After pasta dough ball has chilled for at least 45 minutes, pull it out of the fridge and hand roll until flat enough to go through the first phase of the machine.
2. In the machine, first roll through the pasta on setting 1 twice. Then, every time you go through, raise the setting one higher number each time until you reach 6-7. You want the pasta not to thin so the stuffing breaks through.
3. Take the dough and lay it flat. Fold in half — but do not apply pressure — and mark the half point. Place 1 ½ ounces of butternut squash filling 1-3 inches apart. After you place the filling in the pasta, fold over the sheet of pasta and seal with water or egg wash around the rims.
4. Cut filled pasta into squares with a pasta cutter or knife, then place on a pan or plate and either cook it right away or put into fridge/freezer.
5. To cook, bring water to a boil and add the filled pasta, remembering that fresh pasta cooks in 3 minutes at most. If cooking from frozen, cook for 4 minutes.
6. Put ravioli on a plate and drizzle the browned butter sage sauce over it.