

# Teriyaki squash parcels with morel cream

Total time **120 mins** 67 mins preparation time 33 mins cooking time 20 mins waiting time

## INGREDIENTS

10 portion(s)

### For the squash parcels:

<b>1 kg</b>	butternut squash, peeled
<b>100 g</b>	shallots, finely sliced
<b>30 g</b>	garlic, pressed
<b>30 g</b>	ginger, peeled, grated
<b>100 g</b>	butter
<b>200 ml</b>	vegetable stock
<b>50 ml</b>	<a href="#">Kikkoman Naturally Brewed Less Salt Soy Sauce</a>
<b>50 ml</b>	<a href="#">Kikkoman Teriyaki Glaze</a>

### For the cream sauce:

<b>50 ml</b>	vegetable oil
<b>500 g</b>	morels, prepared
<b>100 g</b>	shallots, finely diced
<b>200 ml</b>	mushroom stock
<b>100 ml</b>	<a href="#">Kikkoman Gluten free Sushi Sauce</a>
<b>500 ml</b>	whipping cream
<b>Also:</b>	
<b>50 ml</b>	vegetable oil
<b>300 g</b>	cavolo nero, prepared
<b>50 ml</b>	<a href="#">Kikkoman Ponzu Citrus Seasoned Soy Sauce - Lemon</a>
<b>30 g</b>	pumpkin seeds, chopped
<b>20 g</b>	wood sorrel, picked

## PREPARATION

### Step 1

For the squash parcels, use a mandoline to slice the narrow end of the butternut squash to approx. 1 mm thick and cut into rounds of approx. 10 cm diameter. Blanch very briefly in plenty of boiling salted water. Remove the seeds from the thicker part of the squash and roughly chop the flesh.

### Step 2

Sauté the chopped squash with the shallots, garlic, ginger and butter in a pan over medium heat for 2–3 minutes. Add the vegetable stock and Kikkoman Less Salt Soy Sauce. Simmer for about 20 minutes until the liquid has completely reduced. Process in a blender until smooth.

### Step 3

Leave the purée to cool slightly and transfer to a piping bag. Pipe approx. ½ tsp of purée onto each squash slice and fold in half to form small parcels. Brush with a little Kikkoman Teriyaki Glaze and press together to seal.

### Step 4

Place on a lightly oiled baking tray and heat in the oven at 120 °C (fan) for 3–4 minutes.

### Step 5

For the morel cream sauce, heat the oil in a pan. Sauté the morels and diced shallots for 2–3 minutes. Deglaze with the mushroom stock, add the Kikkoman Sushi Sauce and reduce by half. Pour

in the cream and bring back to the boil.

### **Step 6**

For the cavolo nero, heat the oil in a pan. Sauté the cabbage for 2–3 minutes and season with the Kikkoman Ponzu Lemon.

### **Step 7**

Arrange the cavolo nero with the morel cream sauce and squash parcels. Serve garnished with the pumpkin seeds and wood sorrel.