

Double-Roasted Spaghetti Squash with Burrata and Marinara Sauce

by Sarah Grueneberg



When I learned that cooks in Mississippi often serve fried catfish with a side of spaghetti with meat sauce, I knew I had to make this twice-roasted squash to accompany a lunch of Simmons Farm-Raised Catfish. The version here calls for marinara sauce; use your favorite, with or without meat.

Serves 4 to 6

Ingredients:

- 2 small spaghetti squash, about 2 to 2½ lbs. each**
- Kosher salt and freshly cracked black pepper**
- 1 tablespoon olive oil**
- 1 cup plus 2 tablespoons Parmigiano-Reggiano**
- 1 cup whole milk cottage cheese**
- 2 tablespoons thyme leaves, plus more for garnish**
- 4 ounces fresh burrata or fresh mozzarella, torn into small pieces**
- 2 cups marinara or meaty marinara sauce, warmed**

Directions:

Preheat oven to 425°F. Nestle the spaghetti squash in a folded kitchen towel on a cutting board to help keep it sturdy while cutting. Using a heavy, sharp chef's knife or serrated knife, cut the spaghetti squash in half lengthwise. (I find that gentle rocking motions of the knife, first cutting the skin around the squash, make it easier to cut in half.) Using a spoon, scoop out the seeds from the squash and discard.

Line a baking sheet with foil and spray lightly with oil. Generously season the squash halves with salt and pepper and drizzle with the olive oil. Set the squash halves cut side down on the baking sheet. Bake for 30 to 35 minutes, until the squash skin is tender to the touch. Let rest for 10 minutes, then flip; I like to let the squash steam as it slowly cooks. Using a fork, gently pull and shred the squash from the skin — this squash naturally shreds into its namesake spaghetti-like texture. Spread the shredded spaghetti squash on the baking sheet. Set aside the two squash skins for later.

Place the shredded squash back in the oven and roast for 30 minutes, or until slightly caramelized and drier.

Place the double-roasted squash in a medium bowl and mix in 1 cup of the Parmigiano-Reggiano, cottage cheese, thyme, and lots of black pepper. Divide the squash mixture back into the two reserved squash skins. Top the spaghetti squash with the burrata and the remaining Parmigiano-Reggiano.

When ready to serve, set a broiler to high. (Make sure your squash has enough clearance, which is about 3 to 4 inches from the heat source.) Broil the squash for 5 to 6 minutes, or until golden, bubbly, and the skins of the squash are slightly charred. Remove from the oven, garnish with more thyme, and serve with the marinara or meaty marinara sauce on the side.

Sarah Grueneberg is chef and partner at Monteverde Restaurant and Pastificio in Chicago. A Houston native, she moved to Illinois in 2005 to cook at Spiaggia. She has competed on Top Chef and Iron Chef and hosts the PBS Chicago show Dishalicious. Her first cookbook is forthcoming in fall 2022.