Seedy SassSquash / Squash Custard Tart

Featured on November 4, 2022 “Nourish Your Body, Nourish Your Spirit” with Ancestral Foods with Elena Terry and Zoe Fess

Mother-daughter duo Elena Terry and Zoe Fess address the health and well-being of their community, the Ho-Chunk Nation, by reviving and sustaining ancestral foods.

Through the work of their non-profit Wild Bearies—a seed to table organization—they share indigenous food traditions within the Ho-Chunk Nation and beyond. Recently, the Wild Bearies team rediscovered and returned a sacred ingredient, the Hoocak squash, to their ancestral homelands in Wisconsin. They often feature the Hoocak squash in this recipe for Seedy SassSquash.

Squash Custard Tart
Recipe by Elena Terry and Zoe Fess

Ingredients

2 cups cooked Hubbard squash (acorn squash is okay)
1 cup coconut milk
2 egg yolks
½ teaspoon salt
½ cup maple syrup
1 cup pepitas
1 cup sunflower seeds
¼ cup blue cornmeal
½ teaspoon salt
½ - ⅓ cup maple syrup
1 tablespoon coconut oil
Fresh berries

Directions

In a large saucepan, add cooked squash puree, coconut milk and egg yolks. Stirring constantly, mix on medium heat for about 5 minutes. When mixture thickens, remove from heat, transfer to bowl and loosely cover with plastic wrap. Place in refrigerator to cool.

In a food processor, combine the pepitas, sunflower seeds, salt, and the cornmeal. Blend until you reach a fine sand texture. On low, slowly drizzle in the maple syrup until a soft dough forms. Place 2 tablespoons of dough in each part of a coconut oil-greased large muffin tin. Press the mixture in tightly and bake in a 350° oven for 10-14 minutes or until golden brown. Remove crusts from oven and cool.

Place squash cream into pastry bag. Pipe into muffin tin crusts, I like to fill them all the way. Garnish with fresh berries of your choice.
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