



# هاسلباك اليقطين بالبندق والعسل Hasselback Pumpkin

60 • دقائق

!الوقت الموصى به للتسخين في الفرن هو 60 دقيقة. إذا كنت تستخدم الفرن الهوائي، فقلل وقت الطهي إلى 45 دقيقة. إذا كنت تستخدم الفرن الهوائي، فقلل وقت الطهي إلى 45 دقيقة. إذا كنت تستخدم الفرن الهوائي، فقلل وقت الطهي إلى 45 دقيقة.



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## Ingredients

- 1 cup butternut squash
- 10-12 cups water
- 25 cups honey
- 2 cups apple cider vinegar
- 1 cup lemon juice
- 1 cup orange juice
- 1 cup lime juice
- 65 cups sugar
- 1 cup salt

## Method

1. Preheat oven to 180 degrees Celsius.
2. Wash and chop butternut squash into 1cm cubes. Place in a large pot with water. Boil for 15-20 minutes. Strain and discard liquid. Add honey, vinegar, lemon juice, and orange juice. Simmer for 15 minutes.
3. Add sugar and salt. Simmer for 15 minutes. Strain and discard liquid. Add lemon juice and orange juice. Simmer for 15 minutes.
4. Simmer for 5 minutes. Strain and discard liquid. Add lemon juice and orange juice. Simmer for 5 minutes.

Used in this recipe



### Capilano Pure Honey

Capilano Pure Honey is a natural, unfiltered honey that is rich in antioxidants and vitamins. It is a great substitute for sugar in your recipes, and it adds a natural sweetness to your dishes. Capilano Pure Honey is made from 100% pure honey, and it is a great choice for anyone who wants to enjoy the natural benefits of honey.

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