

Shirini

Makes: 6 Servings

Ingredients

- 1 1/4 cups** sugar
- 1/2 cup** water
- 4 cups** winter squash (1 1/4 pounds of butternut, acorn, or pumpkin)
- 1/2 cup** chopped walnuts
- 1/2 teaspoon** cinnamon (optional)

Directions

1. Boil the sugar and water until it forms a thick syrup.
2. Wash the pumpkin, peel it, remove the seeds, cut into pieces and cook in the syrup until it is very thick and almost all absorbed.
3. Arrange the pumpkin on a plate and decorate with walnuts and cinnamon (optional).

Notes

Shirin means "sweet" in Kurdish. Shirini is a dessert commonly made with milk, dates, cashews, cardamom, and butter.

Food Safety Tips: Always wash squash, melons, or gourds even if the rind is not to be used. When cut, dirt and microorganisms on the outside could transfer inside to the flesh.

North Dakota Food and Culture: A Taste of World Cuisine. North Dakota State University Extension Service. Recipe on p. 26.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	NA	
Total Fat	NA	
Protein	2 g	
Carbohydrates	49 g	16%
Dietary Fiber	1 g	4%
Saturated Fat	NA	
Sodium	NA	