

Seasonal Eating



Italian Zucchini Shreds with Basil Buttermilk Dressing

2 tablespoons mayonnaise
2 tablespoons sour cream
2 tablespoons buttermilk
1 tablespoon finely chopped basil
1 tablespoon finely shredded parmesan cheese
1/4 clove garlic
kosher salt and black pepper
4 zucchini

To make dressing: Whisk together the mayonnaise, sour cream, buttermilk, basil and parmesan cheese. Roughly chop the garlic and sprinkle with a little salt on a cutting board. Mash together with the flat side of a chef's knife until a paste forms. Add to the dressing and whisk. Let dressing sit in refrigerator for at least half an hour for flavors to meld. Season with salt and pepper.

Wash zucchini, trim the stem end and cut in half lengthwise. Cut in half or into sections about 3-4 inches long. Place the flat side against a mandolin fitted with julienne blades. Using the hand guard, cut the zucchini into spaghetti like shreds. Sprinkle with a little salt (about 1/4 teaspoon) and toss. Let sit in a bowl with a paper towel in the bottom for about 15 minutes to pull out the excess liquid. When ready to serve, gently press the zucchini with more paper towels to remove excess moisture. Toss with enough dressing to lightly coat and serve immediately.