

## Zucchini Strands with Mint

Source: ([www.splendidtable.org](http://www.splendidtable.org) - Adapted: *The Herbfarm Cookbook* – Jerry Traunfeld)

Sometimes if you cut a vegetable a different way it makes it seem entirely new. It's certainly the case here where zucchini are sliced into spaghetti strands, then salted before cooking - the salt draws out excess moisture & ensures a firm texture + the strands are so thin they cook very fast. To achieve the spaghetti shape you'll need some sort of a mandoline or vegetable slicer. I use an inexpensive Japanese-made Benriner slicer: simply a plastic rectangular board holding a razor-sharp angled blade. If you don't have one, you can use a food processor's shredder disk or grate it on the largest holes of a hand grater.

- \* 2 small to medium zucchini squash (1 pound)
- \* 1/2 tsp salt
- \* 1 TBS unsalted butter or olive oil
- \* 1 clove garlic, finely chopped
- \* 2 TBS finely shredded fresh spearmint
- \* Freshly ground black pepper

**Cutting & salting the zucchini:** Cut stems & bottom tips off the zucchini - slice them on a mandoline or other vegetable slicer into long spaghetti-like strips, about 1/8" wide & 1/8" thick. Toss with salt in medium mixing bowl, then transfer to a fine sieve or colander & set over the mixing bowl. Let zucchini sit 15 minutes at room temperature, then gently squeeze it in your hands to extract more of the water (it will give off at least 1/2 cup).

**Sautéing:** Melt butter in a large (12-inch) skillet over medium-low heat. Add garlic & stir till it loses its raw fragrance but is not browned (less than 1 minute). Add zucchini & mint - toss with tongs just till heated through (about 1 minute). Taste & season with pepper.

**Herb Substitutions:** In place of the mint, use an equal amount of shredded basil, lemon balm, or perilla.

Serves: 4