



April 10, 2010 – December 18, 2010
Saturdays, 8:30 am to 12:30 pm

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Zucchini with Garlic and Mint

Recipe by Chef Steven Satterfield of Miller Union Restaurant (678.733.8550 or www.millerunion.com)

Serves 8

- 8 sm zucchini (green or yellow varieties), washed and cut lengthwise into ½” wide pieces.
If squashes are long, cut into 3-4” in length, so that they are manageable in size.
- 3-4 garlic cloves, peeled and sliced thinly
- 1 lg handful fresh mint, torn or roughly chopped
- ½ c extra virgin olive oil for vinaigrette, plus more for cooking
- 1 tbs champagne vinegar
- 1 tbs freshly squeezed lemon juice
- 1 tsp local honey
- Kosher salt

Method:

1. Place the zucchini spears on a wire rack and lightly season all over with salt. Allow to sit for one hour. This will draw some of the water out of the squash and also serve as seasoning for the dish. Meanwhile, whisk the vinegar, lemon, honey and olive oil together to make the vinaigrette and add salt to taste. Pat the zucchini dry and heat a cast iron skillet to medium low heat. Warm a generous amount of extra virgin olive oil and sear the zucchini on all sides until browned and then turn off heat and remove from pan. While the skillet is still warm, toss the garlic in the remaining warm oil until the garlic is lightly browned and nutty tasting. Add the garlic to the zucchini and allow to cool. When the squash is completely cooled, toss gently with the vinaigrette and add fresh mint. Serve at room temperature.