

Zucchini, Yellow Squash and Cucumber Noodles with Spicy Sesame-Ginger Vinaigrette

Recipe courtesy of Michael Weinstein, Dread Head Chef, featured Grand Prairie Farmers Market chef.

The noodles

2 large zucchini, ends removed
2 large yellow squash, ends removed
1 large cucumber, peeled

The vinaigrette

Zucchini and squash cores cut into small cubes
1 tablespoon fresh ginger, diced
2 teaspoon fresh garlic, minced
½ teaspoon red chile flakes
¼ cup rice wine vinegar
⅛ cup sesame oil
1 cup canola oil
¾ cup water
Kosher salt and black pepper

Sesame Seeds

1 tablespoon black sesame seeds

For the noodles: Using a mandolin, run the squashes and cucumber lengthwise down the mandolin to create noodles. If you do not have a mandolin, you can use a vegetable peeler to make long strips then take your knife to make match stick size strips. Make sure you go to the core but do not use the seeds. Place the noodles in a bowl and chill in the refrigerator. Reserve the squash cores for the vinaigrette. The noodles can be made a day ahead and kept in ice water.

For the vinaigrette: Place a 1 quart pot on medium heat and, once hot, add ⅛ cup of canola oil. When the oil is hot, add the garlic, ginger and chile flakes and cook for about 1 minute stirring constantly to avoid burning. After the minute, add the squash cores and cook for about 3 minutes, then add the rice wine vinegar and reduce for 1 minute. Then add the water. Reduce the water by ½ and remove from the heat, place in a bowl and place in the refrigerator. Once cold, place in a blender, turn the blender and slowly pour in the rest of the canola oil in followed by the sesame oil. If the vinaigrette starts to get to thick add a little cold water to thin. Season the vinaigrette to taste with salt and pepper

For the sesame seeds: Place the seeds in a small sauté pan and sauté over medium-high heat until they start to pop. Remove from the heat and place on a small plate.

To complete: In a bowl add the noodles, vinaigrette and sesame seeds mix together season with salt and pepper to taste and enjoy.