

## Recipe

### **Zucchini “pasta” with bison ragu**

*Recipe created by Chef Dawn Dlugosz*

#### Ingredients

Olive oil to saute  
1/ 4 of a medium onion (diced)  
2 cloves garlic (minced)  
1 lb ground bison  
3/4 cups dry red wine  
1 (28oz) can San Marzano tomatoes

1 bay leaf  
1 parmesan rind  
Salt and pepper to taste  
6 tbsp minced herbs (rosemary, parsley, and oregano)  
11 small zucchini

#### Directions:

1. Heat a large heavy pot over medium-high heat until very hot.
2. Season bison with salt and pepper.
3. Brown bison in batches until golden brown. Remove with a slotted spoon and set aside. Do NOT overcrowd the pan.
4. If necessary, add additional olive oil to coat the bottom of the pan and heat over medium heat.
5. Saute onions and garlic until lightly browned and softened (~ 1-2 minutes). Season with salt/pepper.
6. Deglaze with wine, using a wooden spoon to scrape up any brown bits. Let half of the liquid cook off.
7. Add canned tomatoes, gently crushing by hand, and bring to a simmer.
8. Add browned bison back to the pot with bay, parmesan rind, and herbs.
9. Simmer to allow flavors to meld (~ 20-90 minutes). Season to taste with salt and pepper.
10. Meanwhile, cut zucchini into spaghetti or fettucine shaped ribbons using a vegetable peeler, mandoline, or knife. Toss zucchini with kosher salt and allow to drain, weighted down, in a fine mesh strainer over a bowl.
11. Remove bay leaf and parmesan rind from sauce and remove from heat.
12. Toss drained zucchini “pasta” with sauce and serve with a drizzle of olive oil, a sprinkle of pecorino Romano, and minced herbs (if desired).

Makes ~ 6-8 servings