

Cucumber Salad

This recipe was inspired by our November trip to the Yunnan Province of China. They do love their cucumbers and so did we. Simple and simply delicious.

2 English cucumbers, about 2 pounds (The skin is more tender and they have fewer seeds)
1 tsp. salt
2 ½ tsp. sugar
2 ½ tsp. rice vinegar
1 ½ tsp. sesame oil
¼ cup julienned sweet red pepper (More if you love red peppers)

Wash and peel cucumber and dry them. Cut in half lengthwise and remove seeds with a spoon. Slice into ¼ inch pieces.

You can leave the skin on and the seeds in if you wish.

In a small bowl add the sugar, vinegar and sesame oil, mix until the sugar has dissolved.

In a separate bowl, mix the cucumber slices with the salt and let rest for 1 hour. This helps to remove excess water from the cucumbers.

Drain off the water and add dressing and mix well.

Add the julienned red peppers and toss together.

Cover and marinate in the refrigerator for 2 hours or overnight.

Serve cold.

Options or Additions:

You can add chopped Serrano peppers for some heat or:

Sichuan pepper oil

Cilantro, chopped

Garnish with red pepper rings and toasted sesame seeds

As early as the fifth century the Chinese were growing the cucumber, which to them is simply a form of melon. Usually eaten as a salad and very refreshing, but on occasion, as a taste highlight, a few pieces of pickled cucumber salad may be added to stir-fried meat dishes.

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