

Smashed Cucumber Salad

Swick

Serves 1 | Active Time: 10 minutes | Total Time: 20 minutes

Chef's Notes

This quick-pickled cucumber salad serves 4 with a couple of other dishes, plus rice.

For the cucumbers, choose English, Persian, or Japanese varieties, as their skin is thin and seeds tend to be few and soft. Sizes will vary, so adjust your cuts accordingly to produce bite-size pieces.

Step 1: Preparing the Cucumbers

- 1 lb (450 g) cucumbers Trim the ends and partially peel the skins if tough. If the skins are to your liking, then no need to peel. Cut the cucumbers in half lengthwise if thick or do not cut in half if relatively thin.

Step 2: Smashing the Cucumbers

- 1/2 tsp salt Smash the cucumber with a wide knife, such as a cleaver or something flat and heavy. Then cut the halves into 1 1/2" pieces, on the diagonal. Transfer to a large bowl.

Sprinkle with salt, mix well, and set aside for 10 minutes. Discard the liquid at the bottom of the bowl.

Step 3: Dressing the Salad

- 1 small bunch of cilantro, but into 1" pieces (reserves some for garnish) Add all of these ingredients to the cucumbers. Mix well, garnish with cilantro, and serve immediately.
 - 1/2 tsp sugar
 - 1/4 red bell pepper (1 1/2 oz/40 g), julienned
 - 2 tsp light soy sauce
 - 2 tsp chile oil
 - 2 tsp rice vinegar
 - 2 tsp toasted sesame oil
 - 2 garlic cloves, finely grated
- If you want to prepare the salad ahead of time, then complete Steps 1 and 2, and combine the dressing ingredients in Step 3 and set aside. Then, dress the salad at service time.