

Recipes... CUCUMBER



NOTES & TIPS: Smaller cucumbers are better tasting, except in the case of English cucumbers. They are naturally very long and still delicious. At 95 percent water content, a cup of cucumber slices is nearly as thirst-quenching as a glass of water. If you have bitter cucumbers, cut off the stem ends and peel them. Most of the bitterness is in the stem end and the peel and just below it.

CREAMY CUCUMBER SOUP

1 tablespoon extra-virgin olive oil
2 cloves garlic, minced
1 small onion, diced
1 tablespoon lemon juice
4 cups peeled, seeded and thinly sliced cucumbers, divided
1 1/2 cups vegetable broth or chicken broth
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
Pinch of cayenne pepper
1 avocado, diced
1/4 cup chopped fresh parsley, plus more for garnish
1/2 cup low-fat plain yogurt

Heat oil in a large saucepan over medium-high heat. Add garlic and onion; cook, stirring occasionally, until tender, 1 to 4 minutes. Add lemon juice and cook for 1 minute. Add 3 3/4 cups cucumber slices, broth, salt, pepper and cayenne; bring to a simmer. Reduce heat and cook at a gentle simmer until the cucumbers are soft, 6 to 8 minutes.

Transfer the soup to a blender. Add avocado and parsley; blend on low speed until smooth. (Use caution when pureeing hot liquids.) Pour into a serving bowl and stir in yogurt. Chop the remaining 1/4 cup cucumber slices. Serve the soup warm or refrigerate and serve it chilled. Just before serving, garnish with the chopped cucumber and more chopped parsley, if desired.

JAPANESE CUCUMBER SALAD

2 medium cucumbers
1/4 cup rice vinegar
1 teaspoon sugar
1/4 teaspoon salt
2 tablespoons sesame seeds, toasted (see Tip)

Peel cucumbers to leave alternating green stripes. Slice the cucumbers in half lengthwise; scrape the seeds out with a spoon. Using a food processor or sharp knife, cut into very thin slices. Place in a double layer of paper towel and squeeze gently to remove any excess moisture.

Combine vinegar, sugar and salt in a medium bowl, stirring to dissolve. Add the cucumbers and sesame seeds; toss well to combine. Serve immediately.

QUICK PICKLES

1 1/4 pounds pickling cucumbers, trimmed and cut into 1/4-inch slices
1 1/2 teaspoons salt
1 cup cider vinegar
1 cup white vinegar
1 cup light brown sugar
1 cup slivered onion

Recipes... CUCUMBER



2 cloves garlic, slivered
1 teaspoon dill seed
1 teaspoon mustard seed

Place cucumber slices in a colander set in the sink. Sprinkle with salt; stir to combine. Let stand for 20 minutes. Rinse, drain and transfer to a large heatproof bowl.

Meanwhile, combine cider vinegar, white vinegar, brown sugar, onion, garlic, dill and mustard seed in a medium saucepan. Bring to a boil. Reduce heat and simmer for 10 minutes. Pour the hot liquid over the cucumbers; stir to combine. Refrigerate for at least 10 minutes to bring to room temperature.

CUCUMBER & BLACK-EYED PEA SALAD

3 tablespoons extra-virgin olive oil
2 tablespoons lemon juice
2 teaspoons chopped fresh oregano or 1 teaspoon dried
Freshly ground pepper to taste
4 cups peeled and diced cucumbers
1 14-ounce can black-eyed peas, rinsed
2/3 cup diced red bell pepper
1/2 cup crumbled feta cheese
1/4 cup slivered red onion
2 tablespoons chopped black olives

Whisk oil, lemon juice, oregano and pepper in a large bowl until combined. Add cucumber, black-eyed peas, bell pepper, feta, onion and olives; toss to coat. Serve at room temperature or chilled.

MOM'S CUCUMBER'S

3 large cucumbers
1 teaspoon salt
1/4 cup sugar
1/8 cup water
1/4 cup distilled white vinegar
1/2 teaspoon celery seed
1/4 cup chopped onion

Peel the cucumbers and slice wafer thin. Sprinkle with salt. Let stand 30 minutes, then squeeze cucumbers to release moisture. In a medium size bowl mix sugar, water, vinegar, celery seed, and onion. Add cucumbers to mixture. Mix well. Refrigerate 1 hour.

CUCUMBER SALAD

1/2 cup red wine vinegar
2 teaspoons sugar
1/2 teaspoon black pepper
1 teaspoon dried dill weed
1/4 cup mayonnaise
5 cucumbers, scored and thinly sliced
1 stalk celery, thinly sliced
1/2 red onion, chopped
salt to taste

Recipes... CUCUMBER



Stir together vinegar, sugar, pepper, and dill in a large bowl until the sugar has dissolved. Stir in the mayonnaise until smooth, then add cucumbers, celery, and red onion until evenly coated with the dressing. Cover and refrigerate at least 1 hour. Season to taste with salt and stir once again before serving.

CILANTRO CUCUMBER SALAD

2 cucumbers
2 tablespoons fresh lime juice
1 teaspoon chili powder
1/4 teaspoon salt
1 tablespoon chopped fresh cilantro

Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled.

GRANDMA'S COOL CUCUMBER SALAD

1-1/2 cucumbers
1/2 onion, cut into very thin slices
salt and pepper to taste
1 cup fat free sour cream

Peel cucumbers, but leave a little on for color and slice by hand as thin as possible. Dry slices with paper towels. Place dried cucumber slices in a large bowl with onion slices. Generously season with salt and pepper. Toss well and let sit 10 minutes, drain any excess liquids. Toss cucumbers and onions in with enough sour cream to coat. Refrigerate until well chilled. Stir, and season with salt and pepper to taste if needed.

COOL CUCUMBER MOLDED SALAD

1 large cucumber, peeled and shredded
1 (3 ounce) package lime flavored gelatin mix
1 1/4 cups boiling water
1 tablespoon sugar
1 pinch salt
1 tablespoon white vinegar
1/2 cup mayonnaise

Place the shredded cucumber in a colander to drain. In a medium bowl, whisk together the gelatin mix and hot water until gelatin has dissolved. Mix in the sugar, salt and vinegar. Set aside to cool until it starts to set, about 1 hour. When the gelatin has thickened, stir in the mayonnaise, and fold in the drained cucumber. Transfer to a mold or serving bowl, and chill for 3 hours, or until set.

CUCUMBER EGG SALAD

4 eggs
4 small seedless cucumbers
4 small dill pickles
3 tablespoons mayonnaise

Place eggs in a saucepan and cover completely with cold water. Bring water to a boil. Cover, remove from heat, and let eggs stand in hot water for 10 to 12 minutes. Remove from hot water, and cool. Peel eggs. Chop into

Recipes... CUCUMBER



eighths, and transfer to a medium salad bowl. Cube cucumbers and pickled cucumbers, and add to eggs. Mix in mayonnaise. Refrigerate until thoroughly chilled.

TOMATO CUCUMBER SALAD

2 tomatoes, chopped
1 cucumber, peeled and diced
1 onion, chopped
1 tablespoon lemon juice
salt to taste
ground black pepper to taste

Combine tomatoes, cucumbers, and onions in a salad bowl. Season to taste with salt and black pepper. Sprinkle with lemon juice. Chill.

TOMATO CUCUMBER SALAD II

4 medium fresh tomatoes, cut into 1 inch chunks
1 large cucumber, sliced
1/2 red onion, diced
1/4 cup mayonnaise
2 cloves garlic, minced
2 teaspoons fresh ground black pepper
salt to taste

In a large bowl, toss together the tomatoes, cucumber, onion, mayonnaise, and garlic. Season with pepper and salt.

CUCUMBER-AVOCADO SALAD DRESSING

1/3 cup olive oil
1 clove garlic, minced
3/4 cup chopped fresh cilantro
2 avocados, peeled, seeded and cubed
1 large cucumber, peeled, seeded and cut into chunks
1/4 cup lemon juice
salt and pepper to taste

Puree the olive oil and garlic in a blender until smooth. Add the cilantro, avocado, cucumber, and lemon juice. Puree again until smooth, then season to taste with salt and pepper.

FRESH FROZEN CUCUMBERS

2 large cucumbers, thinly sliced
2 tablespoons salt
1 1/2 cups sugar
1 1/2 cups distilled white vinegar

Place the cucumbers in a bowl; sprinkle with salt, and refrigerate 24 hours. Rinse and drain the cucumbers, pressing out as much water as possible. Place the cucumbers in a bowl, and stir in the sugar and vinegar. Refrigerate 24 hours more. Place in freezer containers and freeze.