

# Cooling Cucumber Salad

## THE GOODS

For the salad

- 1 English cucumber, unpeeled cut into thin slices
- 1 tbsp Himalayan sea salt
- 2 tbsp extra virgin olive oil
- 2 large garlic cloves, finely chopped
- 1 tsp peppercorns

For the sauce

- 1 tbsp sesame oil
- 2 tbsp rice vinegar
- 2 tsp honey
- 1/4 tsp red pepper flakes
- 1 tsp fresh ginger, finely shredded
- black sesame seeds (optional garnish)

## THE METHOD:

In a bowl, place cucumber slices and sprinkle with salt to coat evenly. Let sit for 20 minutes, and then rinse with cold water and pat dry with paper towel. In a small skillet add olive oil, garlic, and pepper over medium heat until fragrant (only a few seconds). Remove from heat and immediately pour the liquid mixture over cucumber slices. Mix thoroughly, and set aside for 30 minutes, stirring occasionally. Serve at room temperature or refrigerate and serve cold, topping with sesame seeds if desired. Enjoy!

