

KORAN CUCUMBER SALAD

🕒 Prep Time: 30 | 🕒 Cook Time: 0 | 🍽 Serves: 4

Korean cucumber salad, a type of pickled cucumber, is so refreshing.

Why you'll love this recipe

These Korean pickled cucumbers are such an easy and refreshing side dish. No actual cooking involved. Just some chopping and mixing, and you're ready to go.

Ingredients:

- 2 - 3 Persian cucumbers, about 1 pound (Korean, Japanese or English cucumbers are also good choices)
- 1 teaspoon kosher salt
- ½ teaspoon sugar
- 1 green onion, finely minced
- 1 clove of garlic, finely minced
- 2 tablespoons rice vinegar
- 1 teaspoon reduced-sodium soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon toasted sesame seeds plus extra for garnishing
- ½ teaspoon gochutgaru

Directions:

1. Prep the cucumbers into half-moons by cutting the cucumbers in half lengthwise, then slicing. You can speed the prep along by just slicing the cucumbers whole. Slice the cucumbers as thin as you want - mine were about ⅛" thick. You can remove some of the skin of the cucumber to create a "design" but this is purely up to you, unless you think the cucumber peel is too thick and you want to remove it partially or completely.
2. Cutting cucumbers either with a sharp knife or a food processor using the slicing blade, or a mandolin.
3. Place the sliced cucumbers in a strainer and add the salt and sugar to the cucumber, mixing it in with your hands. Let the cucumbers sit for at least 15 minutes.
4. Sliced cucumbers in a strainer over a sink.

5. While the cucumbers are resting, finely chop the garlic and green onion.
6. Finely chopped garlic and green onions on a wooden cutting board.
7. In a small bowl, mix together the garlic, green onion, rice vinegar, soy sauce, sesame oil, sesame seeds, and gochugaru.
8. Squeeze the water out of the cucumbers (no need to rinse). I just used my hands to do the squeezing. You can also find a plate that fits in the strainer and press down to release the water.
9. Add the cucumbers to a medium bowl, pour the rice vinegar mixture over the cucumbers and mix well. Your hands are a good tool for this.
10. Taste for flavour - the amounts in the recipe create a mild version of this salad. If you like more punch, feel free to increase the gochugaru, add more sesame oil, and punch up the garlic. Whatever tastes good to you!

FYI

Use whatever cucumbers you have or can find. If the seeds are large, just cut the cucumber in half lengthwise and use a spoon to scoop the seeds out.

I've made this salad at the last minute and skipped the draining of the water from the cucumbers. Ultimately, if you don't finish the salad right away, you may get some extra water in your bowl, which will dilute your flavours. But it is a reasonable step to skip if you are in a hurry.