Chinese Cucumber Salad

Chinese style smashed cucumber salad

Option 1

- 1 fresh English cucumber (or two smaller ones, around 350g)
- 3 garlic cloves, mashed
- 1 tablespoon black vinegar such as 鎮江香醋
- 1 tablespoon light soy sauce
- ½ teaspoon sugar
- ½ tablespoon sesame oil
- salt to taste
- chili oil to taste (1/2 tablespoon recommended)

Option 2

- 2 lbs English or Persian cucumbers
- 3 garlic cloves, minced
- 1½ Tbs rice vinegar
- 1 Tbs light soy sauce
- 2 tsp white sugar, plus more for cucumbers
- 2 tsp sesame oil
- 1 tsp salt, plus more for cucumbers
- Red chili peppers (in small pieces), or red pepper flakes (to taste)
- 1 Tbs extra virgin olive oil

Instructions

1. Wash the cucumber and peel off only tough parts of skins.
2. Remove the two ends, cut crosswise into 4” long pieces;then cut lengthwise
3. Smash with a wide kitchen knife (like Chinese slicing knife) until the cucumber is well crushed. Then cut into one bite pieces.
4. Transfer all cucumber cubes into a bowl. Marinate first with just salt and sugar. Put in refrigerator to drain for at least 30 mins, preferably in a strainer with some weight on the cucumbers.
5. In small bowl, mix well the salt, sugar, and vinegar. Then add the other ingredients – mashed garlic, soy sauce, and olive oil.
6. Stir only enough into cucumbers. Let marinate a while or serve immediately – whatever you want.

Note: For very tender and young cucumber, you can keep most of the skins.