



Smashed  
Cucumber Salad



## Global Links

Cucumbers are part of the Cucurbitaceae family, alongside squash and different kinds of melon. They originated in Southeast Asia but are now grown and eaten all over the world. Cucumbers are used in many different ways around the globe; in salads, pickled, in smoothies or Gazpacho soup. It is a core ingredient in the Middle Eastern salad Tabbouleh and in fresh salsa. Cucumbers are a versatile vegetable that are enjoyed globally!



## Vocabulary

Cucumber (n)



huáng guā  
黄瓜

Salad (n)



shā lā  
沙拉

Delicious (adj)



hǎo chī  
好吃


Cucumber salad is a common cold dish served with meals across China. Cold dishes are often served as starters or alongside mains as part of the multi-dish Chinese way of 'banquet style' eating.


Curriculum Links Health and Physical Education (Food and Nutrition)


## Ingredients


### Smashed Cucumber Salad


Serves two to three people

 1 regular cucumber


 1 tbsp. of light soy sauce

 ½ tbsp. rice vinegar

 1 tsp chilli oil (optional)

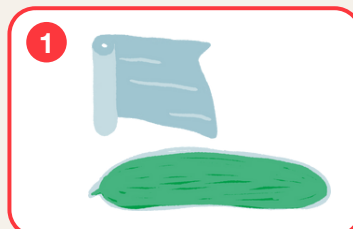
 4 cloves minced garlic in water

 Pinch of salt

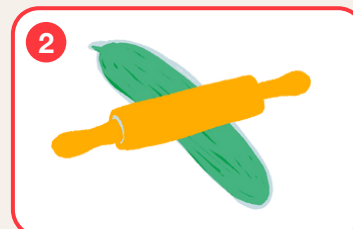
 Handful of chopped cilantro

 Gladwrap

## Method



Wrap the cucumber in gladwrap



Using a rolling pin, or hard object, smash the whole cucumber



Unwrap the cucumber and use a sharp knife to cut it into bite sized pieces. The pieces will have a rough shape due to being smashed



Place the pieces in a bowl and sprinkle the salt over them



Make the sauce: mix soy sauce and rice vinegar. Add chilli oil if you wish



Add three to four tbsp of the raw garlic water to the sauce. Use a small strainer to separate the garlic pieces from the water if you wish to have no garlic pieces in your sauce. Mix all the sauce ingredients together



Pour sauce over the cucumber pieces in the bowl, toss together to spread out the sauce



Optional: Add a sprinkle of cilantro/coriander over the salad and mix well with the cucumber. Enjoy!

## Soy Sauce

Soy Sauce is used in Chinese cooking in many dishes and is also commonly used in different countries across Asia. There are different types of soy sauce depending on the country and region but the most common types are dark soy sauce and light soy sauce.



Watch the cooking video here:



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