

Korean Cucumber Salad

Oscar · 29/09/2024



Prep Time

55 mins

Difficult

Medium

Servings

6

Description

This Korean cucumber salad with garlic is tossed with a spicy sweet and tangy dressing made with rice vinegar, sesame oil, rice wine, toasted sesame seeds, and Korean red pepper.

Ingredients

- - 3 pounds seedless cucumber
- sliced paper-thin - 1 ½ tablespoons sea salt - 1 green onion
- sliced - 1 clove garlic
- minced - ½ cup rice vinegar - 2 tablespoons sesame oil - 2 tablespoons honey - 2 tablespoons freshly squeezed lemon juice - 1 tablespoon rice wine - 1 tablespoon toasted sesame seeds - 1 ½ teaspoons gochugaru (Korean red pepper flakes) - freshly ground black pepper to taste

Instructions

1. Place sliced cucumbers in a large bowl and sprinkle evenly with salt; allow liquid to drain from cucumbers for about 15 minutes. Spoon cucumbers onto sheets of paper towels; wrap paper towels around cucumbers and wring out as much liquid as possible. Place green onion and garlic in a salad bowl; add rice vinegar
2. sesame oil
3. honey
4. lemon juice
5. rice wine
6. toasted sesame seeds
7. Korean red pepper flakes
8. and ground black pepper. Add cucumbers and toss to coat. Cover the bowl with plastic wrap and refrigerate until flavors blend
9. at least 30 minutes. Recipe Tip Red pepper flakes can be substituted for Korean gochugaru. Editor's Note: The nutrition data for this recipe includes the full amount of sodium from the salt. The actual amount of salt consumed will vary.