

Japanese Cucumber Salad



Prep:

15 minutes

Makes:

8 servings, about 1 cup each

Utensil:

Saladmaster Food Processor
10" Chef's Gourmet Skillet
3.5 Qt. Double Walled Bowl
small mixing bowl

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Recipe:

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2 tablespoons
sesame seeds, toasted
(16
g)
2 medium cucumbers
¼ cup
rice vinegar
(60
mL)
1 teaspoon
sugar
(4
g)
¼ teaspoon
salt
(1.5
g)

Directions:

1. Preheat skillet over medium heat, approximately 3 - 4 minutes. Sprinkle sesame seeds into skillet and stir consistently until golden and fragrant, approximately 2 - 3 minutes. Transfer to a small bowl and set aside to cool.
2. Using the Saladmaster® Machine, cut cucumbers vertical across Cone #4 into stainless steel bowl. Cucumber slices will be thin and almost transparent. This cut will provide solid wide slices that can be curled when plated.
3. Using the small stainless steel mixing bowl, combine rice vinegar, sugar and salt. Mix well and pour over sliced cucumbers. Toss lightly to avoid tearing the cucumber slices. Chill for 10 minutes, allowing vinegar to marinate to season cucumbers.
4. When plating, individually curl slices for an appetizing appearance. When plated, top cucumbers with toasted sesame seeds. Serve immediately.

Nutritional Information per

▼ Serving

Calories: 46

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 147mg

Total 4g

Carbs:

Dietary Fiber: 1g

Sugar: 2g

Protein: 1g