

CUCUMBERS THREE WAYS

You know about being cool as a cucumber. How about being cool with a cucumber? Here are three simple recipes that make cucumber the star and you the winner.



Makes: snacks for 4

Time: 5 minutes, plus 5 days fermentation



INGREDIENTS

Chilled

2 Lebanese cucumbers
2 tsp black sesame seeds
flaked salt

Tzatziki

1 long cucumber
1 clove garlic
1 cup Greek yoghurt

Fermented cucumbers

2 cups water
1½ tbsp sea salt
2 (or more) Lebanese cucumbers
1 tsp chilli flakes
1 tsp coriander seeds
a few bay leaves



METHOD

Chilled

1. Take Lebanese cucumbers and cut lengthwise into four long triangular wedges.
2. Sprinkle with sea salt and black sesame. Serve very cold.

Tzatziki

1. Grate a long (telegraph) cucumber and place it in a sieve to drain for a few minutes. Cucumber can also be chopped in Thermomix: cut into chunks and blitz **4 sec/speed 6**, repeating until finely chopped. It can be drained in the steam basket.
2. Grate a garlic clove (or just use half, as much as you like!)
3. Fold cucumber and garlic together with Greek yoghurt. Season with sea salt. Serve chilled.

Fermented cucumbers

1. Dissolve salt in water to create brine.
2. Cut cucumber into wedges or slices. They need to be able to easily fit in your jars. Place cucumbers into jar or jars. Add chilli and coriander (or other spices).
3. Add brine to cover cucumbers. Place bay leaves on top and tuck edges down side - the leaves are used to submerge cucumbers as well as add flavour.



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4. Loosely seal jar then leave for a few days in a warm place in your kitchen. When you start to see bubbles, keep an eye on the jar and 'burp' it to release pressure each day. Flavour will intensify and become more sour over time, though more slowly if in the fridge. Eat over a few months - or straight away!

Tips

- Use a sterilised jar to ferment your cucumbers. Sterilise the jar by washing it in hot, soapy water, then drying lid and jar in a 100°C (212°F) oven.

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SHOPPING LIST:

- Lebanese cucumbers (4)
- Long cucumber (1)
- Clove garlic (1)
- Greek yoghurt (1 cup)
- Black sesame seeds (2 tsp)
- Chilli flakes (1 tsp)
- Coriander seeds (1 tsp)
- Bay leaves
- Flaked salt
- Sea salt (1½ tbsp)



NOTES & TIPS: