

Cucumbers in a Miso Dressing

Courtesy of Carole's Creations

Prep Time: 20 minutes

Standing Time: 15 minutes

Cooking Time: none

Serves: 4

CChints: Miso is a soy bean paste that can be purchased in Asian markets and some specialty supermarkets. In its pure form it is a strong but sweet and salty paste. But when used in small portions and with other ingredients, it adds a unique flavor that is often used with salmon or fish. We used the orange miso but the white will do fine. If your cucumbers have a waxy coating, you need to peel them for this dish. Even if they do not have a coating, all vegetables need to be washed before using them. A grapefruit spoon is a great tool to use to scrape the seeds out of the center.



2 Tablespoons orange or white miso paste

1 Tablespoon rice vinegar

1 Tablespoon honey

2 teaspoons sweet chili sauce

2 teaspoons dark sesame oil

1 Tablespoon hot water

1-1/2 tablespoons sesame seeds, toasted

3 green onions, sliced thin, tops only unless your family likes a little of the white onion part

4 cups thinly sliced and seeded cucumbers

In a mixing bowl combine the miso paste through sesame oil. Add the hot water, blend well and set aside.

Put the sesame seeds in a small, dry nonstick skillet over medium heat. Toast stirring often until they just start to turn brown and pour them into the sauce.

Slice the cucumbers and add them to a large mixing bowl. Pour the sauce of the cucumbers and gently fold them over and over until they are all coated with the dressing. Let sit for 15 minutes and you are ready to serve.