

## *New York Deli Style Cucumber Salad Recipe*

3 cucumbers, peeled and thinly sliced (or 1 ½ English cucumber, no need to peel)

1 medium to large onion, thinly sliced (sweet onion preferred)

2/3 cup white vinegar

2/3 cup water

4 tablespoons sugar

1 teaspoon salt

1/4 teaspoon pepper

### DIRECTIONS

Place the cucumbers and onions in a large bowl. Mix well.

In a small bowl, combine remaining ingredients and mix well.

Pour the vinegar water mixture over the cucumbers and onions and mix well.

Cover with plastic wrap and refrigerate at least two hours.

Stir well before serving.

Another option is to place cucumber & onions in a large jar  
Bring remaining ingredients to a boil to dissolve sugar. Let cool and pour over cucumber mixture. Refrigerate before serving.



# Sour Cream and Dill Cucumber Salad

## INGREDIENTS

2 pounds cucumbers (about 4 medium), peeled and thinly sliced crosswise  
1/3 cup sour cream  
1 tablespoon apple cider vinegar or lemon juice  
1 tablespoon olive oil  
½ teaspoon Dijon mustard  
1 small red onion, halved and thinly sliced  
3 TBS chopped fresh dill  
½ tsp Kosher salt  
¼ tsp ground black pepper

## INSTRUCTIONS

1. Place the cucumbers in a large colander and toss with a couple of large pinches of salt. Set the colander in a large bowl or in the sink and let the cucumbers stand 30 minutes at room temperature to release some of their water. Meanwhile, whisk the sour cream, vinegar, oil, mustard, a pinch of salt, and a few grinds of pepper together in a large bowl; set aside.
2. Gently pat the cucumbers dry with a paper towel. Add the cucumbers, red onion, and dill to the dressing and toss gently to combine. Taste and season with salt and pepper as needed.



# Asian Sesame Cucumber Salad

## Ingredients

- 2 English cucumbers, chilled
- 1 large carrot
- 1 tsp. Kosher salt
- 2 TBS rice vinegar
- 1 TBS fresh lime juice (about half a lime)
- 1 TBS miran
- 2-3 TBSP honey, to taste
- 1 tsp. Toasted sesame oil
- pinch of red pepper flakes, to taste
- ½-1 TBSP toasted sesame seeds (I used white and black, but either would work fine on their own)
- 1 scallion, sliced

## Instructions

1. If you have a spiralizer, use it to cut the cucumbers and carrots into long noodles. - if you don't have a spiralizer, you can slice the carrots and cucumber thinly with a knife.)
2. Place the spiralized cucumber into a strainer and toss with 1 tsp. kosher salt. Let the cucumber drain for 15-20 minutes to remove excess water.
3. Meanwhile, in a small bowl or glass measuring cup, whisk together the vinegar, lime juice, honey, miran, sesame oil, red pepper flakes, and sesame seeds.
4. Once the cucumber has drained for a bit, spread it onto a layer of paper towels, or a clean dish towel, and gently pat out as much moisture as you can. Place the "noodles" into a large bowl, and add 2-3 TBSP dressing, to coat. Toss to combine, then garnish with additional sesame seeds, and sliced scallions. Serve immediately. (Leftover salad can be stored in an airtight container in the fridge for up to a day, but keep in mind that the cucumber will continue to release excess water as it sits. If your salad becomes soupy, you can drain the water from the bottom of the bowl before eating.)



# Israeli Salad (Tori Avey)

This salad recipe from Israel is versatile and tasty. Persian cucumbers, tomatoes, parsley, olive oil, lemon juice, onion. Vegan, kosher, pareve.

## Ingredients

- 1 lb Persian cucumbers, diced
- 1 lb fresh ripe tomatoes, seeded and diced
- 1/3 cup minced onion (optional)
- 1/2 cup minced fresh parsley
- 3 tbsp extra virgin olive oil
- 3 tbsp fresh lemon juice
- Salt to taste (I use about 1/2 tsp)

## Instructions

1. Here is the way I like to dice the Persian cucumbers-- it produces small, even, triangular pieces. Slice the Persian cucumber in half lengthwise.
2. Slice each half into 4 slices lengthwise, so you have 8 long, thin pieces total.
3. Hold the long, thin pieces together with one hand, and slice the bunch into very small pieces with the other hand. Note: Persian cucumbers have lots of little seeds, which add to their flavor. If you have trouble digesting seeds, you can seed the cucumber easily by slicing it in half lengthwise and scooping out the seed-filled center.
4. Place the diced cucumbers into a large mixing bowl along with all the other ingredients.
5. Mix until vegetables are well coated with parsley, oil, lemon juice, and salt.
6. Best served fresh at room temperature. You can also serve chilled for a more refreshing salad.

