



Book n' COOK

Tangy Carrot and Cucumber Salad

June 2024

Tools

- Spoon
- Two mixing bowls
- Colander
- Grater
- Measuring cups
- Measuring spoons
- Whisk
- Vegetable Peeler or box grater
- Paring knife

Ingredients

- 2 large cucumbers
- 1 tablespoon kosher salt
- ¼ cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons granulated sugar
- 2 large carrots
- 1 Thai red chile or jalapeno pepper
- ¼ cup chopped fresh cilantro leaves
- ¼ cup chopped peanuts (optional)

Preparation

1. Wash your vegetables. If desired, peel your cucumber and carrots. Cut the cucumber in half lengthwise. Remove the seeds with a spoon, and then cut them into ¼-inch pieces.
2. Shave the carrot into ribbons using a vegetable peeler or shreds using a box grater.
3. Carefully slice the Thai red chile or jalapeno in half and remove the seeds. Finely chop the jalapeno and fresh cilantro leaves.
4. In a colander set over a bowl, toss the cucumber with the salt. Set aside for at least 10 minutes.
5. In a large bowl, whisk together the vinegar, sesame oil and sugar. Add the drained cucumbers, carrots, chile (if using), and cilantro and toss to combine. Garnish with chopped peanuts or another crunchy option!

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Mt Vernon, IN
darnellschoolfarm.com

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Downtown Evansville
Wednesdays 9:00 – 1:00 pm
marketonmainevv.com

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Evansville, IN
maysefarmmarket.com