

## Asian Cucumber Salad




Recipe Rating	
Total Time	20 Minutes
Cooking Time	None
Total Labour	20 Minutes
Knife Skills	Basic

Equipment	
Chef's knife/Peeler/Cutting Board	
Whisk/Spatula	
Mixing Bowl or Pan	

Nutrition Facts	
Valeur nutritive	
Per 1 serv (103g) / par 1 serv (103g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b>	<b>20</b>
<b>Fat / Lipides</b> 0g	<b>1%</b>
Saturated / satures 0g	
+ Trans / trans	
<b>Cholesterol / Cholesterol</b>	<b>0mg</b>
<b>Sodium / Sodium</b>	<b>45mg 2%</b>
<b>Carbohydrate / Glucides</b>	<b>4g 1%</b>
Fibre / Fibres less than 1g 4%	
Sugars / Sucres 2g	
<b>Protein / Proteines</b>	<b>less than 1g</b>
Vitamin A / Vitamine A	
<b>Vitamin C / Vitamine C</b>	<b>8%</b>
<b>Calcium / Calcium</b>	<b>2%</b>
<b>Iron / Fer</b>	<b>4%</b>


	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Cucumber, English, Fresh, Diced	2 Kg	4.4 Lbs	4 Kg	8.8 Lbs
Onions, Fresh, Diced	300 gm	10.6 oz	600 gm	1.3 Lbs
Dill, Dried	40 gm	0.7 oz	80 gm	1.4 oz
Soy Sauce	40 mL	0.7 fl oz	80 mL	1.4 fl oz
Rice Vinegar	20 mL	0.3 fl oz	40 mL	0.6 fl oz
Honey	10 mL	1 tsp	20 mL	2 tsp
Oil, Olive, Extra Virgin	6 mL	2/3 tsp	15 mL	1 1/3 tsp

### Method




1. Peel and trim cucumber and onion. Remove core from tomatoes. Dice vegetables into a uniform size.

Dressing: combine soy sauce, rice vinegar, honey and olive oil. Whisk together and set aside.




2. Combine diced cucumber and onions, mix well.



3. Mix all ingredients together gently. Divide portions equally into service dishware.

Serve cold.



4. **Bulk:** Portion into service dishes or leave in bulk for dining room service.

**Cold Plating:** plate alone or as a side dish. Place on the cold side of the tray prior to service.

Garnish: **Feta cheese and chow mein noodles**

Food Accompany: **any appropriate entrée.**