



**RESCUING FOOD • NOURISHING COMMUNITIES**

**FOOD CARD**

# CUCUMBER



## AVAILABLE

All year. Cheaper in Summer and early Autumn.

## STORE

In the fridge. Will keep for 3 days.

Not suitable to freeze. If stored near bananas or melons, cucumbers will ripen too fast.

## EAT

Raw or cooked.

## PREPARE

1. Wash in running water.
2. Trim ends.
3. Slice, dice or grate.

## COOK

**Bake:** 180°C. Peel cucumbers. Cut in half lengthwise. Scoop out the seeds with a spoon.

Cut into batons. Put in colander with 1tsp salt. Stand for 1/2 hour. Drain and pat dry with a paper towel. Mix with 1T butter or oil. Cook uncovered in a baking dish. Toss 2-3 times.

Approx 1 hour (until tender, but still crisp).

**Saute:** In a frypan. Heat approx 1T of oil or butter. Peel 1 cucumber, cut into chunks. Add to pan. Cook 5 minutes, stirring occasionally (until tender).

## TASTY IDEAS

- Add to salads, sandwiches or sushi.
- Make cucumber yoghurt dip: Grate 1/2 cucumber. Mix with 1 cup plain unsweetened yoghurt. Excellent with spicy food.

**Flavour match:** mint, dill, chervil, chives, coriander, garlic

**Food match:** tomato, feta cheese, red onion, avocado, tuna