

Cucumber Salad

This is yet another recipe from Nina Simmonds' *A Spoonful of Ginger* (p. 185). This combination of foods is uplifting to the spirit and can help to ease mild depression.

1 ½ lb. cucumber (ideally Chinese, Kirby or pickling cucumbers)

Sweet and Sour Dressing (mixed together):

1 cup clear rice vinegar

1 cup sugar

1 tsp. Salt

1 ½ Tbsp. minced fresh ginger

Trim the ends of the cucumbers. Slice them lengthwise in half, then run the tines of a fork several times down the length to create a slight decoration. Scoop out the seeds with a spoon, and cut the cucumber halves into 3 inch sections. Cut the sections, along the length, into almost paper-thin slices. Place in a bowl. Add the sweet and sour dressing to the cucumbers. Toss lightly to coat the cucumber slices. Cover with plastic wrap and refrigerate for 30 minutes. Serve cold.