

Cucumber Salad

1 ea English Cucumber
1 ea Small Carrot
¼ c Rice Vinegar
2 Tbs Ground Ginger
to taste Salt



1. Cut cucumber in half lengthwise and thinly slice.
2. Shred carrot.
3. Place all of the ingredients in a bowl and let set for 2 hours in the refrigerator.

This is a great salad to eat with some grilled fish like salmon. It's light and refreshing. I like to use the English cucumbers because they are less bitter and have less seeds but you can use regular cucumbers if you want. This is a popular Japanese salad served with sushi. Japanese food should be as appealing to the eye as the palate. It is also very simplistic. From the dishes to the food there are many shapes and colors. The flavors are come from the foods and not many spices.