

OI MUCHIM

INGREDIENTS

1 cucumber (145 g / 5.1 ounces) - I used Lebanese cucumber. Korean cucumber or other cucumbers that are suitable for pickling or salad can be used.

1/4 onion

1 Tbsp rock salt or Korean coarse sea salt

Seasoning Sauce (Mix these in a small bowl)

1 Tbsp Korean chili flakes (gochugaru)

1 tsp white vinegar (or rice vinegar)

1 tsp white sugar

1 tsp minced garlic

1 tsp toasted sesame seeds

METHOD

Step 1

Rinse the cucumber thoroughly in cold running water. Discard both ends of the cucumber. Thinly (about 0.5 cm (0.2 inches) thickness) slice the cucumber and put them into a large mixing bowl. Add the salt and lightly mix them together. Leave it for 15 mins.

Step 2

While waiting, thinly slice the onion. Prepare the seasoning sauce by mixing them all together.

Step 3

Fifteen mins later, rinse the cucumber in cold running water (any remaining salt in the mixing bowl should be discarded) and drain the water out using a strainer. Pat dry the cucumber thoroughly with kitchen paper. Put them into a clean and dry mixing bowl.

Step 4

Add the sliced onion and the seasoning sauce. Mix them lightly but thoroughly with your hand (You will want to wear a food prep glove).

Step 5

Put the seasoned cucumber into a sealed glass container and keep it in the fridge for 30 mins to chill then serve. Enjoy!

THE COOKERY

by The Secret Jozi Chef