



Cucumber Salad with Caramelized Shallots and Herbs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



227 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon champagne vinegar
- ☐ 1 cup cherry tomatoes halved
- ☐ 2 tablespoons mint leaves fresh roughly chopped
- ☐ 0.5 tsp coarsely ground pepper
- ☐ 0.3 tsp kosher salt
- ☐ 2 tbsp juice of lemon
- ☐ 1 tablespoon mild cucumber pickles diced such as cornichons or clausen dill finely (Vietnamese pickled leeks)

- ☐ 1 tablespoon rice vinegar
- ☐ 3 large shallots minced sliced
- ☐ 2 teaspoons sugar
- ☐ 2 cups vegetable oil for frying

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ mandoline
- ☐ slotted spoon

Directions

- ☐ Toss shallot slices to separate them into rings. Have ready a slotted spoon and a double layer of paper towels.
- ☐ Heat oil to 275 in a small, deep heavy saucepan and drop in shallot rings.
- ☐ Cook shallots, stirring often, until they turn a uniform light brown--this will take about 8 to 12 minutes. Turn off the heat when they look almost done so they don't burn. Lift shallots from oil with slotted spoon and drain on paper towels. Reserve 2 tsp. shallot oil for vinaigrette and let cool. Save the rest for stir fries and any salad dressings.
- ☐ Whisk vinegars, sugar, lemon juice, 1/4 tsp. salt, and 1/2 tsp. pepper together in a large bowl until salt and sugar dissolve.
- ☐ Add reserved shallot oil and the minced shallots and whisk well to blend. Season to taste with more salt, pepper, and lemon juice.
- ☐ Slice cucumbers into 1/4-in. slices with a knife or on a mandoline. Toss cucumbers and tomatoes with vinaigrette.
- ☐ Add mint, Thai basil, and shiso if using.
- ☐ Arrange salad on a platter and top with pickled leeks and fried shallots.

- ☐
- Make ahead: Fried shallots, up to 2 days, stored airtight at room temperature.
- ☐
- *Thai basil has narrow leaves, a purplish stem, and an anisey scent. Shiso, a beautiful notch-edged red or green herb, lends delicious fragrance to a dish (it's often served with sushi); the red is more pungent. Vietnamese pickled leeks are crunchy and mildly spicy-sweet. Find all at Asian markets.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:2.19, Inflammation Score:-5, Nutrition Score:5.4452172854672%

Flavonoids

Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg, Eriodictyol: 1.14mg Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg, Hesperetin: 1.34mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 226.52kcal (11.33%), Fat: 21.93g (33.74%), Saturated Fat: 3.35g (20.93%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 6.59g (2.4%), Sugar: 4.64g (5.15%), Cholesterol: 0mg (0%), Sodium: 182.86mg (7.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Vitamin K: 42.31µg (40.3%), Vitamin C: 13.79mg (16.71%), Vitamin E: 2.02mg (13.45%), Manganese: 0.16mg (8.11%), Vitamin A: 297.68IU (5.95%), Vitamin B6: 0.1mg (5.14%), Potassium: 174.86mg (5%), Fiber: 1.18g (4.73%), Folate: 15.91µg (3.98%), Iron: 0.67mg (3.72%), Copper: 0.06mg (2.95%), Magnesium: 10.62mg (2.66%), Phosphorus: 25.55mg (2.56%), Calcium: 21.24mg (2.12%), Vitamin B1: 0.03mg (2.03%), Vitamin B3: 0.29mg (1.46%), Vitamin B2: 0.02mg (1.33%), Vitamin B5: 0.13mg (1.26%), Zinc: 0.17mg (1.12%)