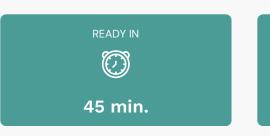


# Cucumber Salad with Caramelized Shallots and Herbs







SIDE DISH

# Ingredients

pickled leeks)

Ш	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 claussen dill finely (Vietnamese

	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, Na

### 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: Omg (0%), Sodium: 182.86mg (7.95%), Alcohol: Og (100%), Alcohol %: O% (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%)