



B"H

Cooking with Chef Rachell

ISRAELI SALAD

Ingredients:

1 lb Persian cucumbers, diced
1 lb fresh ripe tomatoes, seeded and diced
1/3 cup minced onion (optional)
1/2 cup minced fresh parsley
1/4 cup minced fresh mint
3 tbsp extra virgin olive oil
3 tbsp fresh lemon juice (1 lemon)
1 tablespoon ground coriander
Salt & pepper to taste

Equipment: measuring cups, measuring spoons, chef's knife, cutting board

Steps:

Israeli salad is all about the way you cut it - here is the way I like to dice the Persian cucumbers- it produces small, even, triangular pieces.



1. Slice the Persian cucumber in half lengthwise. Slice each half into 4 slices lengthwise, so you have 8 long, thin pieces total. Hold the long, thin pieces together with one hand, and slice the bunch into very small pieces with the other hand.
2. Place the diced cucumbers into a large mixing bowl along with all the other ingredients.
3. Mix until vegetables are well coated with parsley, oil, lemon juice, and salt, pepper and coriander.

Note: Best served fresh at room temperature. You can also serve chilled for a more refreshing salad.