



The Savory Super

Taste Tested by Jack MacKenzie, CGCS
North Oaks Golf Club

Thai Cucumber and Pineapple Salad

This is an easy and very delicious recipe for a cool salad. Prep time takes about 45 minutes but chow time is super fast as it is an awesome dish.

- 1 fresh pineapple cut in chunks
- 2 medium field cucumbers
- 3 spring onions (*green onions*), sliced
- 1 red bell pepper, sliced thinly, or diced
- 1/2 cup dry whole roasted unsalted peanuts
handful of ground peanuts (*or roughly chopped*),
or substitute another nut, such as cashews
- 1 cup fresh cilantro chopped + handful of fresh basil leaves
(*roughly chopped if leaves are large*)

SALAD DRESSING:

- 4 cloves garlic, minced
- 1 red chilli, de-seeded and minced, OR 1 tsp. chili sauce
(*or more if you want it extra spicy*)
- 2 Tbsp. soy sauce
- 2 Tbsp. fish sauce, OR vegetarian fish sauce
(*look for vegetarian fish sauce at Vietnamese stores*)
- juice of 1/2 lime (about 1 Tbsp.)
- 2 tsp. brown sugar
- 1/2 tsp. shrimp paste, OR 1/2 Tbsp. more fish sauce
(*or vegetarian fish sauce*)

Optional: To make this salad a complete meal, add 1 cup cooked shrimp, or 1 package deep-fried tofu.

PREPARATION:

- 1) Place all salad dressing ingredients in a cup. Stir well. Set aside.
- 2) Place pineapple chunks in a mixing bowl.
- 3) To prepare the cucumber: Remove skin with a vegetable peeler, or cut off with a knife (*if the cucumber is organic, leave the skin on for extra nutrients and fiber*). Next, cut the cucumber in half lengthwise. Cut these sections again lengthwise (*several times if the cucumber is thick*), then slice the other way to create cubes. Add these to the mixing bowl.
- 4) Clean out the seeds of the red bell pepper, then slice it thinly into strips. Slice these in half to create matchstick-like pieces. Add these to the mixing bowl.
- 5) Add the sliced spring/green onion, plus the whole roasted peanuts. Add most of the basil and coriander, putting aside a little of each for the garnish.
- 6) Now pour the salad dressing over. Toss well.
- 7) Pour or scoop the salad onto a serving plate. Top with the extra basil and coriander you kept back, plus a sprinkling of ground or chopped peanuts. If desired, serve with lime wedges on the side.

ENJOY!

Salad Tips: This salad is at its best when first tossed. Try to eat up leftovers as soon as possible. For added protein (*if serving as a main course*), toss in 1 cup cooked shrimp, or 1 package deep-fried tofu cut into cubes. If you're planning to serve it at a party or take it to a potluck: Prepare all the ingredients and place them in separate containers in the refrigerator. Also prepare the dressing and keep in a jar or covered container in the refrigerator. Then simply toss all together right before serving.



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