

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



CUCUMBERS WITH SHISO AND BASIL

Shared by the Edible Academy's Dig, Plant, Grow program
Yield: 10 appetizer servings

Ingredients

- 5 Japanese cucumbers, or 2 English cucumbers
- 8 shiso leaves
- 8 basil leaves
- ¼ cup cane sugar*
- ½ cup raw apple cider vinegar*
- 1 cup water
- 3 Tablespoons mirin (substitute rice wine vinegar or distilled white vinegar*)
- 1 Tablespoon kosher sea salt*

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Put sugar, vinegar, mirin, water and salt into a non-reactive bowl. Whisk until the sugar and salt are dissolved. Slice cucumbers as thinly as possible. Gather the shiso leaves like a deck of cards, roll into a tube and slice to chiffonade. Do the same with the basil leaves. Add cucumbers, basil, and shiso to the marinade and stir. Try to cover the vegetables with the marinade. Cucumbers will break down and get smaller as they marinate. Put the mix in the fridge and let marinate for at least 4 hours, mixing a few times during the 4 hour period. Serve chilled.

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