

Teach Yourself Cooking Chinese Food In One Month
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Chapter1 Cold Dishes

1.1 Tossed Cucumber in Sauce



Food Culture



This cool and refreshing dish is one of the most classical summer salads in China, which is full of vitamins. It has been very popular all around China because it tastes delicious and is very simple to cook at home.



Material



3 Cucumbers



Ingredients



2 spoons of White sugar



1/2 spoon of Salt



2 spoons of Vinegar



1 spoon of Sesame oil



5 grams of Garlic



3 grams of Chili

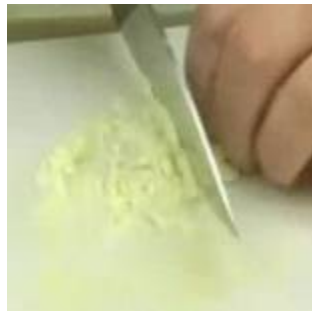


Method

Wash 3 cucumbers, pound them and cut into 3 cm size cubes;



Mince 5 grams of garlic;



Cut 3 grams of chili into 1 cm size rhombus;



Put them into a plastic bag, add 2 spoons of white sugar and 1/2 spoon of salt;

Add 2 spoons of vinegar and 1 spoon of sesame oil;



Shake the bag and toss well, finally dish them up.



Features

Cool and refreshing;
Beauty face and keep young.

Tips

It can flavor the cold dishes by adding white sugar rather than monosodium glutamate.