

## Smashed Cucumbers with Toasted Sesame

*Tataki Kyuuri no Goma Aé*  
たたき胡瓜の胡麻和え



Whenever I see cucumbers of various shapes and sizes on the “bargain” table at my local supermarket its time to enjoy SMASHED CUCUMBERS with TOASTED SESAME!

Serves 4-6.

350 grams/12 ounces cucumbers, about 4 or 5 cucumbers

Dressing:

2 teaspoons aromatic sesame oil (*goma abura*)

1 Tablespoon rice vinegar (*komé su*)

1 teaspoon soy sauce

1/2 teaspoon *mirin* or honey or agave syrup

1 Tablespoon white sesame seeds, freshly toasted

Place cucumbers in a heavy-duty plastic bag and lay on a flat surface. Using a *suribachi* stick, rolling pin or other blunt object LIGHTLY smash the cucumbers.

Combine dressing ingredients directly in the bag holding the smashed cucumbers. “Massage” to distribute. Let the smashed cucumbers sit for at least 5 minutes and up to several hours in the bag, refrigerated. When ready to serve, mound the cucumbers in small bowls and top with toasted sesame seeds.

**NOTE:** If you like this dressing (and I think you will...) I suggest you make a larger quantity in a glass jar with a tight fitting lid and store the mixture refrigerated. Shake the jar to distribute well just before pouring out.

To make a larger quantity, here are the PROPORTIONS to keep in mind:

**1 part** aromatic sesame oil

**2 parts** rice vinegar

**1/2 part** soy sauce

**1/4 part** mirin, honey or other sweetener