

SUNOMONO

Vinegar salads are commonly eaten in Japan, often in the summer. They are generalized into a category called *sunomono*, where *su* indicates vinegar in Japanese. *Sunomono* always has a refreshing taste, and these types of salads go well with many types of Japanese dishes. It helps to enhance your appetite and can be a great appetizer to your Japanese meal. Try this simple, healthy *sunomono* dish and if you like it, surf the web for more variations!

Basic (Japanese) Cucumber *Sunomono*

Ingredients:

- 2 med. cucumbers, peeled and seeded (European cucumbers work best)
- 1 T sugar
- 2 t Shoyu (soy sauce)
- 2 t salt
- ¼ t grated fresh ginger root
- 1/3 C. rice wine vinegar (or just the grated ginger root juice)

Directions:

1. Cut cucumbers into thin slices. Place them in a bowl and sprinkle with salt. Let them stand at room temperature for 30 minutes or until softened. Drain and squeeze out the excess liquid.
2. Combine vinegar, sugar, soy sauce and ginger (juice) in a separate bowl. Add cucumbers and mix well.
3. Chill thoroughly before serving.

Servings: 4

[Source: <http://www.kikkoman-usa.com/general/recipe/details.asp?id=1156&loc=101>;
<http://japanesefood.about.com/library/weekly/aa082602a.htm>]

Photo: <http://www.betterhome.jp/tsubo/sunomono/sunomono.html>]