

Seasonal Eating
Whitney Danhof, Extension Agent

Curry Cucumber Salad Makes Refreshing Summer Side
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Warmer weather calls for picnics and cook-outs and refreshing salads are the perfect accompaniment. Especially when fresh produce is the star.

I was visiting my brother in Ohio last week to meet my little 4 month old great nephew. One night for dinner we had grilled chicken satay with a curry marinade and a cucumber salad on the side topped with peanuts. It was a delicious meal and inspired the salad below.

Cucumbers are a great base for marinated salads. They take on whatever flavor you put them with and especially benefit from a vinegar based dressing. Marinated tomatoes and cucumbers are a standard summer favorite with a vinaigrette marinade. But cucumbers also pair well with peppers and onions.



This Marinated Curry Cucumber Salad pairs cucumbers with sweet bell peppers in a flavorful marinade and topped with crunchy peanuts. I used mini cucumbers from the grocery store. The mini ones are sweet with smaller seeds and a tender skin. Split down the middle lengthwise and then sliced into half moons, they are the perfect size for a salad. You could also use an English cucumber (the long ones wrapped in plastic). These also have a tender skin and smaller seeds. If using regular slicing cucumbers, peel them and cut in half lengthwise before scraping down the middle to remove most of the seeds.

To pair with the mini cucumbers, I used mini sweet bell peppers. You can use the red, yellow or orange ones. They add a pop of color and sweet flavor. The mini peppers are great to add to lettuce salads or to stuff or dip as well. Keep a bag in the refrigerator for snacking and cooking.

The dressing is oil and vinegar seasoned with curry powder, cumin, salt and pepper with a little sugar to balance out the vinegar. Curry can be overwhelming, but the dressing uses just a light hint for the perfect balance. If you like a little heat, you can add a few red pepper flakes. It doesn't take very long for the cucumbers to absorb the flavor. You can make it up just 30 minutes before serving or you can refrigerate it for several hours or overnight. Add the peanuts over the top just before serving so they stay crunchy.

The salad is a good side dish to grilled burgers or chicken. It also works well with pork tenderloin or a marinated and grilled flank steak. So when cooking out this summer, grab some cucumbers and make a refreshing side salad. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Marinated Curry Cucumber Salad

2 tablespoons white wine vinegar

2 tablespoons vegetable oil

1 tablespoon sugar

1/2 teaspoon curry powder

1/2 teaspoon kosher salt

1/4 teaspoon ground cumin

1/4 teaspoon black pepper

2 mini cucumbers, cut in half lengthwise and sliced

2 mini bell peppers, cut in half lengthwise, seeded and sliced

1/4 cup cocktail peanuts

In a medium bowl, whisk together the vinegar, oil sugar, curry powder, salt, cumin and pepper. Add the cucumbers and peppers and stir to coat. Marinate for at least 30 minutes at room temperature or several hours in the refrigerator. Just before serving, drain and top with peanuts.