

By: Miguel Ángel Mateos



Cook'In Big

Cucumber and Walnut salad, with Asian dressing and Morado Garlic.



DIFFICULTY
LOW



TYPE OF COOKING



Nº OF GUESTS
4



TYPE OF DISH
SALAD - STARTER



PREPARATION TIME
30 MINUTES



VARIETY OF GARLIC
MORADO

Ingredientes

- 2 heads of Big Garlic Morado Garlic (or 20 cloves of Cook'In Big Morado Garlic)
- 16 peeled half Walnuts in honey
- A pinch of poppy seeds
- 4 peeled cucumbers
- Fried crunchy cucumber
- 200 ml of Extra Virgin Olive Oil
- 10 ml of Mirin Rice Vinegar
- 15 ml of Teriyaki Sauce
- 15 ml of thick Soya Sauce
- 5 ml of Kimchi Sauce
- Fine salt

Paso a Paso



1. Peel the 2 heads of morado garlic.
2. Put them in a small saucepan, on the heat, with sufficient olive oil to cover the cloves, about two fingers deep. Leave them on a low heat until they are tender, but almost without changing colour.
3. Take them off the heat, let them cool and then store them in an airtight container in the fridge, to be used when necessary.
4. Meanwhile, peel the cucumbers and cut them into small cubes of more or less 2 cm. Then put them into a bowl.
5. Put the soya sauce, rice vinegar, Teriyaki and Kimchi sauces into the same bowl and stir it all very well, then leave it to marinate for some 20 minutes.

FINISHING THE DISH:

6. Put the well drained cucumber in the centre of a soup dish, which has capacity for liquid, making the cucumber look like a mountain.
7. Put 5 cloves of preserved garlic on each dish, and add a little fried cucumber on top.
8. Then also add a pinch of poppy seeds, and 3 peeled half walnuts in honey.
9. Finally, slightly flavour the dish with a teaspoonful of the marinade prepared in step 5, and sprinkle a little fine salt over everything (but very little salt, as the sauces can be a little salty).

TIPS FROM CHEF Miguel Ángel Mateos:

- The preserved garlic cloves can be stored in an airtight container in the fridge for 5 days.
- It is a salad that will acquire a very special pleasant flavour if you leave it to marinate well for 20 to 30 minutes.
- **To make the peeled walnuts in honey:** buy peeled walnuts or peel them yourself, and choose those that are the most tender of all. Put them in a jar full of honey, and leave them in the jar for 2 or 3 days before using them, so that they acquire the texture and flavour needed.
- It is a salad that you can leave prepared in the morning and then enjoy it at night. That way you will be able to enjoy having more time for yourself.