



## Cucumber

The fruit of a plant originally from southern Asia. There are several varieties of cucumber. The so-called English or European varieties are longer; the American varieties are rounder.

The color of cucumber skin ranges between green and white. It can be smooth, ribbed, or rough but is always shiny. Some varieties have bumps that can be prickly. The pale, cool and crunchy flesh is slightly bitter and contains a number of edible seeds whose size and quantity vary depending on the variety.

Gherkin, dill or pickling cucumber refers to cucumber varieties that are picked when still immature and firm in order to make into pickles.

### Buying

Choose: a firm cucumber with a bright green color and of medium size.

### Serving Ideas

Grated or cut lengthwise, sliced or diced, raw cucumber can be used with vinaigrette, yogurt or sour cream, or stuffed with seafood. It is also served as a salad. Cucumber can also be preserved, marinated or cooked. When cooked, it is prepared in the same way as zucchini, which it can replace in most recipes. It is excellent as a soup; it can accompany meat and fish and be added to stews, gratineed or served with béchamel sauce. It can be sautéed or braised.

### Nutritional Information

Per 3.5 oz/100g	fresh
Water	96%
Protein	0.5g
Fat	0.1g
Carbohydrates	2.9g
Fiber	0.7g
Calories	13

### Preparing

Remove cucumber seeds if hard. The skin may be left on, especially if the cucumber is very fresh, not too large and has not been waxed. It can be salted to reduce its water content and bitterness.

*Excellent Source: potassium, vitamin C and folic acid.*

*Properties: diuretic, depurative and calming. Pureed and mixed with other ingredients, cucumber flesh is used to make masks for skin treatments.*

### ***Storing***

*Cucumber is sensitive to changes in temperature.*

*In the fridge: 3-5 days, as is or cut and well wrapped (as its taste is absorbed by surrounding food item).*