

Smashed Cucumber Salad with Sesame Oil

1 lb cucumbers
1 tsp coarse salt
2 scallions, sliced
2 Tbs rice vinegar (white wine or apple cider is fine in a pinch)
1 Tbs sesame oil
1 tsp sesame seeds
chili pepper flakes to taste

With the broad side of a knife, a rolling pin, or the bottom of a heavy pan, whack the cucumbers so they begin break into jagged little pieces (this will allow them to soak up more of the dressing). Tear the cucumber pieces apart (don't over-smash!).

Place cucumber pieces in a colander with salt and let drain for a few minutes.

Transfer cucumber pieces to a bowl and toss with remaining ingredients. Taste and adjust seasonings. Serve cold or room temperature.