



Sugar Apple

Posts From The Caribbean

Dede's Cooling Cucumber Salad

We were invited to Devica's house for lunch one day and she warned that it would be hot. Now, as you may have gathered, Dede's food runs from hot to hotter to incendiary. So if she takes makes a point to warn you about the heat, you know you have a lot of scotch bonnets coming your way. In such cases, I always take along a quart of milk in addition to the usual bottle of wine.

Along with all the curries on the table, there was a bowl of cucumber salad. Thinking that the cucumber was the cooling element of the meal, I took a large portion. Well, lunch was hot. Really hot. Really, really hot. The milk was helping, but not much. Finally, I took a good look at the plate and saw the telltale orange flecks in the cucumber salad. Scotch bonnets. Of course, the salad was the fieriest dish on the table. Good one Dede.

1 cucumber, peeled, seeded if necessary, and thinly sliced
1/2 of a small onion, peeled and very thinly sliced
the juice of 1/2 a lime
a scotch bonnet pepper or two, finely chopped (you can also throw in a spoonful of green seasoning)
salt to taste
1-2 tomatoes, chopped (optional)

Just mix it all together and refrigerate until ready to serve. You can warn your guests that it's hot. Or not. It's up to you.

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