

XCentric Ideas

A top-down photograph of a white plate filled with sliced cucumbers and white beans. The cucumbers are cut into thin, round slices, showing their green skin and light green interior. The white beans are whole and scattered around the cucumber slices. The background is a plain, light-colored surface.

Cool cucumbers are a refreshing treat
on a hot summer day.

30 September 2009

Volume 4 — Issue 7

by

ALMA PRETORIUS

alma@xcentricideas.co.za

www.xcentricideas.co.za

Recipes from the Internet

All photos my own

Cucumbers – did you know?

Cucumber to enliven a dull complexion

Add a dash of lime juice and rose water to cucumber juice and apply it over the facial skin to brighten a dull & greasy complexion.

Cucumber to remove dark circles

Add 1 tsp cucumber juice to 1 tsp potato juice. Apply this to the skin around your eyes very gently, taking care not to pull or stretch it. Then relax for 15 minutes. This is quite effective in removing the dark circles under the eyes.

Cucumber to minimize hair damage caused by swimming

Swimming in a pool with chlorinated water can cause much damage to your hair also. Try this treatment to keep chlorine damage to the minimum. Blend together 1 egg, 3-4 tbsp worth of olive oil and 1 quarter peeled cucumber. Spread evenly through your hair, leave on for 10 minutes, and then thoroughly rinse.

Cucumber to cure blemishes

Intake of cucumber juice as well as applying a mixture of equal quantities of cucumber juice, rosewater and 70% alcohol is effective in curing disfiguring black spots and blemishes, especially caused by mosquito & other insect bites.

Cucumber for sore throats

Gargling with fresh cucumber juice several times daily serves as a soothing, cooling and healing remedy for painful sore throats.

Cucumber as a laxative

Cucumber juice exhibits mild laxative and diuretic activities, also a valuable food medicine for hyperacidity of the stomach. It clears the bowels and increases the flow of urine.

Cucumber for puffy, tired eyes

When the eyes are subjected to overstrain, like being exposed to strong fumes or dusty atmosphere, very bright light & prolonged use of contact lenses - the eyes often become swollen, itchy and painful. Applying a simple eye pad using slices of cucumber over the eyelids and lying down in quiet and preferably dark room will bring a quick & healing relief.

Cucumber to increase your fibre intake

Adding a cool cucumber to your salads is a good way to increase your fibre intake, as it is loaded with fibre and lots of extra fluid needed while consuming more fibre.

Cucumber for rheumatics

Cucumber juice is also beneficial in the treatment of rheumatic conditions.





Cucumber salad mousse

1 cucumber, grated
1/2 onion, grated
1/2 carton cottage cheese with chives
1/2 cup mayonnaise
1 packet green jelly

Make the jelly as per instructions. Let it set halfway.

Mix rest of ingredients and mix with half set jelly and let it set completely.

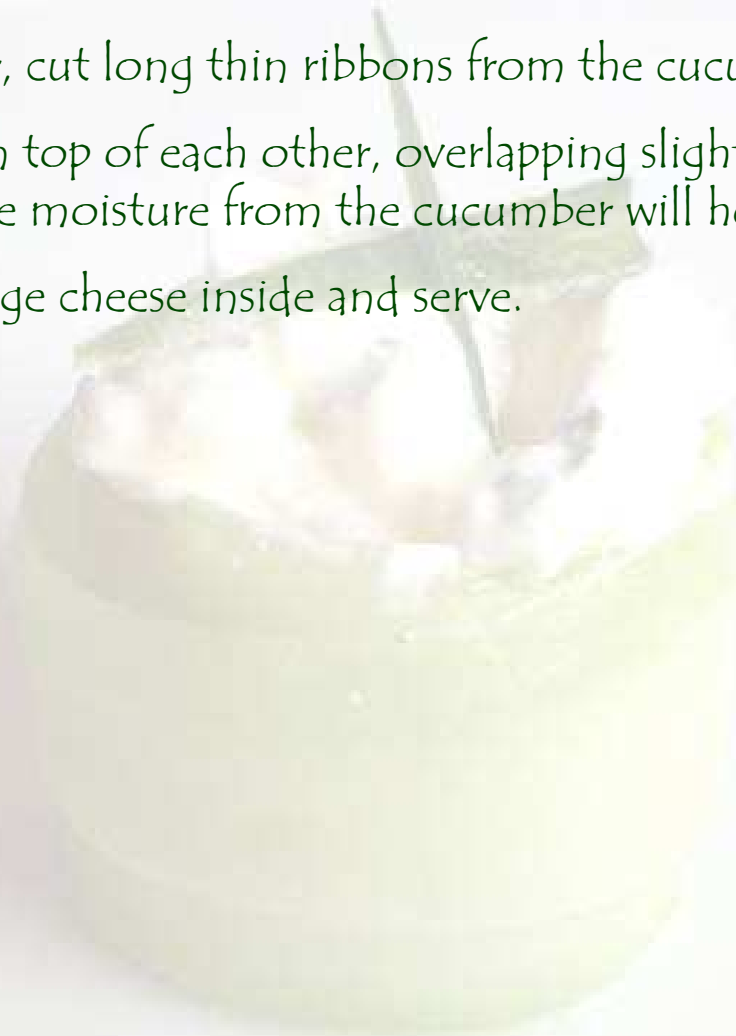


Ribbon parcel

Using a vegetable peeler, cut long thin ribbons from the cucumber.

Lay 3 parallel ribbons on top of each other, overlapping slightly. Gently roll the ribbons into a tube. The moisture from the cucumber will help it stick.

Spoon some chive cottage cheese inside and serve.





Cucumber ribbon salad

1 tbsp white sugar

1 tbsp oil

Salt & coarsely grated black pepper

1 tbsp white vinegar

Crumbled feta cheese

Using a vegetable peeler, cut long ribbons from the cucumber into a bowl. Whisk together the salad dressing ingredients and pour over the ribbons.

Add the feta cheese and serve.



Cucumber cake



4 large eggs	1 cup canola oil
2 cups self-rising flour	2 tsp baking powder
2 tsp baking soda	1 tsp vanilla
2 tsp Cinnamon	2 cups sugar
1/2 cup chopped walnuts	1/2 cup raisins
1/2 cup crushed pineapple (drained well)	3 cups grated cucumber

Grease a 13 x 9 pan, do not flour.

Mix eggs, oil, walnuts, raisins, vanilla, pineapple and cucumber together in bowl. In separate bowl mix flour, baking powder, baking soda, cinnamon and sugar.

Combine dry ingredients with liquid until well mixed. Spread evenly in baking pan. Bake at 300 degrees for 45-60 minutes or until nicely browned on top.

Dust confectioner's sugar on cooled cake or slice and add cool whip. Can be served warm or cold.



Yummy cucumber ice cream

1 cup thick fresh cucumber juice (blend the cucumber with its skin without water)
1 tbsp lime juice
4 tbsp icing sugar
2 cups thick heavy cream
2 tbsp honey
a pinch of ginger powder
crystallised ginger for garnish (optional)

Dissolve powdered sugar in the cucumber juice. Add honey, heavy cream and ginger powder.

Whisk the mixture till soft peaks form. Spoon the ice cream into a plastic container with a tight fitting lid. Freeze overnight.

Scoop the soft ice cream into bowls. Garnish with crystallised ginger and enjoy.

Note:

You can pour a teaspoon of honey on the ice cream while serving. Blend the cucumber with its skin as it will give the ice cream a natural pale green colour. Use soft small or medium-sized fresh cucumbers.



Cucumber cocktail

6 limes, rinsed
1 cup packed mint leaves, no stems, plus 6 sprigs for garnish
3 unwaxed cucumbers
1/2 cup sugar
2 cups vodka or gin
Sparkling water

Thinly slice 3 limes and place in a pitcher. Juice the rest and add juice to pitcher. Add mint leaves. Slice 2 cucumbers and add, then add sugar. Muddle (mashing with a wooden spoon) ingredients.

Add vodka or gin. Place in refrigerator to steep 30 minutes or longer.

Peel remaining cucumber and cut lengthwise into 6 spears. Fill 6 highball or other large glasses with ice. Strain mixture from pitcher into each.

Top with a splash of sparkling water, garnish each glass with a sprig of mint and a cucumber spear and serve.



Cucumber Shot Glasses

Cut 5 cm long pieces cucumber. Use a melon baller (or teaspoon) to carefully scoop out flesh from 1 end, leaving a 1 ½ cm bottom on the other end.

(You can cut out thin strips on the outside for decoration, like I did.)

Fill with any shot 'booze' and nibble on the 'glass' afterwards.

Or fill with Tequila, sprinkle salt on the rim and party!