

1

00:00:00,000 --> 00:00:04,000

Happy Humpday Food FAQ-ers and here we are again!

2

00:00:04,000 --> 00:00:06,000

Hump-day!

3

00:00:06,000 --> 00:00:09,000

Do you remember that commercial with a camel?

4

00:00:09,000 --> 00:00:10,000

Exactly!

5

00:00:10,000 --> 00:00:12,000

With walks to the office?

6

00:00:12,000 --> 00:00:13,000

Humpty!

7

00:00:13,000 --> 00:00:14,000

Exactly!

8

00:00:14,000 --> 00:00:18,000

So every time I think of Humpty, I think of a camel.

9

00:00:18,000 --> 00:00:19,000

Humpty!

10

00:00:19,000 --> 00:00:26,000

So yeah, we're here again, giving you an amazing recipe to try that we love ourselves.

11

00:00:26,000 --> 00:00:30,000

Yes.

12

00:00:30,000 --> 00:00:34,000

Since we've been having a little bit of a carb, a heavy week, we had some pasta, we had some French bread pizza.

13

00:00:34,000 --> 00:00:44,000

Today, we're going to have something that you may not have all the time, which I just tried this recipe, this creamy cucumber salad recipe.

14

00:00:44,000 --> 00:00:50,000

My original idea was to make something kind of Middle Eastern, right?

15

00:00:50,000 --> 00:00:58,000

I didn't know where I was going to go with it, but I just bought chicken, some non, you can buy a big fluffy pita if you wanted.

16

00:00:58,000 --> 00:01:00,000

Oh, and this cucumber salad.

17

00:01:00,000 --> 00:01:04,000

I think the inspiration for this dinner is absolutely the cucumber salad. Have you ever had one, Kay?

18

00:01:04,000 --> 00:01:05,000

I have.

19

00:01:05,000 --> 00:01:06,000

The creamy one?

20

00:01:06,000 --> 00:01:07,000

I have.

21

00:01:07,000 --> 00:01:09,000

It was the first time I've ever had it.

22

00:01:09,000 --> 00:01:11,000

Oh really? No, it's good.

23

00:01:11,000 --> 00:01:14,000

I have, especially now in the summertime.

24

00:01:14,000 --> 00:01:16,000

Oh my god, it was nice and light.

25

00:01:16,000 --> 00:01:21,000

Yes. And what I did with this meal, which I sent you a picture of, I don't know if you remember.

26

00:01:21,000 --> 00:01:31,000

I pulled out the wheel of taco and I repurposed it and I created kind of the same riff on that, but with more Middle Eastern flavors.

27

00:01:31,000 --> 00:01:34,000

So the star for me was this creamy cucumber salad.

28

00:01:34,000 --> 00:01:35,000

And this is what I did.

29

00:01:35,000 --> 00:01:39,000

I took Persian cucumbers, I rinsed them and then I thinly sliced them with a knife.

30

00:01:39,000 --> 00:01:41,000

It doesn't have to be a mandolin.

31

00:01:41,000 --> 00:01:44,000

It can be if you want it to be, but it doesn't necessarily have to be.

32

00:01:44,000 --> 00:01:48,000

And then I put it on a strainer and then I got an onion, just a regular white onion.

33

00:01:48,000 --> 00:01:51,000

You can use red of course, but I don't usually have them on hand.

34

00:01:51,000 --> 00:01:56,000

You thinly, thinly, thinly, painstakingly thinly, slice them in like half moon shapes.

35

00:01:56,000 --> 00:02:01,000

You put it with the cucumbers in a colander over a bowl.

36

00:02:01,000 --> 00:02:10,000

You salted generously and then you leave it aside wherever you want and you make sure that all the salt is spread in you get in there and you use your *jajat* with your hands.

37

00:02:10,000 --> 00:02:14,000

Then you make the dressing and the dressing is super simple.

38

00:02:14,000 --> 00:02:21,000

I made mine with half sour cream and half Greek yogurt to, so it's a quarter cup of each.

39

00:02:21,000 --> 00:02:23,000

I like the zing of the Greek yogurt.

40

00:02:23,000 --> 00:02:29,000

Many recipes only have sour cream, but since I was making a Middle Eastern kind of riff, I wanted that like tang.

41

00:02:29,000 --> 00:02:30,000

Yeah.

42

00:02:30,000 --> 00:02:31,000

And it was yummy.

43

00:02:31,000 --> 00:02:39,000

So you add that about, I think I used red one vinegar and I put in like a tablespoon maybe, but you can use less.

44

00:02:39,000 --> 00:02:42,000

And have it be a little bit less tart.

45

00:02:42,000 --> 00:02:45,000

Lots and lots of fresh chopped dill.

46

00:02:45,000 --> 00:02:53,000

This is really, the such a compliment to the crunch of the onion and the, what is this vegetable?

47

00:02:53,000 --> 00:02:54,000

I can't think of cucumber.

48

00:02:54,000 --> 00:02:55,000

You can't.

49

00:02:55,000 --> 00:02:58,000

So anyway, you do all this, right?

50

00:02:58,000 --> 00:03:06,000

You make the sauce, you add the sour cream, the yogurt, the vinegar, the dill, some sugar, at least a teaspoon of sugar.

51

00:03:06,000 --> 00:03:09,000

Salt and pepper to taste.

52

00:03:09,000 --> 00:03:15,000

And then, once that's mixed in, I went over to the vegetables and I just like pressed them gently against the column

53

00:03:15,000 --> 00:03:19,000

or to get any excess water because I have zero patience to wait 30 minutes for this to happen.

54

00:03:19,000 --> 00:03:25,000

I took that and then I put it, I plopped it into the dressing and I mixed it in and I put it in the fridge.

55

00:03:25,000 --> 00:03:27,000

It was a revelation.

56

00:03:27,000 --> 00:03:28,000

So good.

57

00:03:28,000 --> 00:03:35,000

And what I really loved is that the onions were like domesticated, friendly onions.

58

00:03:35,000 --> 00:03:37,000

They weren't sharp, they didn't want to be like--

59

00:03:37,000 --> 00:03:38,000

Bifalactic.

60

00:03:38,000 --> 00:03:39,000

They were prophylactic.

61

00:03:39,000 --> 00:03:40,000

Right.

62

00:03:40,000 --> 00:03:42,000

Because they're domesticated also.

63

00:03:42,000 --> 00:03:46,000

You know what I was going to use in these words.

64

00:03:46,000 --> 00:03:55,000

I got nighttime, like your brain just like goes to these, you know, these words describe it's like that onion was delicious.

65

00:03:55,000 --> 00:03:58,000

It was domesticated guys.

66

00:03:58,000 --> 00:04:04,000

Like there's nothing better than domesticated onion and a prophylactic prepared pizza.

67

00:04:04,000 --> 00:04:07,000

Oh my God, we should call it prophylactic pizza.

68

00:04:07,000 --> 00:04:08,000

prophylactic pizza.

69

00:04:08,000 --> 00:04:11,000

If you guys want to know the prophylactic pizza, please listen to yesterday's.

70

00:04:11,000 --> 00:04:12,000

Go back.

71

00:04:12,000 --> 00:04:15,000

That's money.

72

00:04:15,000 --> 00:04:18,000

Make you fun of me, but listen, this is true.

73

00:04:18,000 --> 00:04:24,000

Like the onion was so nice and just had flavor and no bite, which I hate raw onion, you bite into them.

74

00:04:24,000 --> 00:04:25,000

So good.

75

00:04:25,000 --> 00:04:33,000

And then I just got a non, I got a package of frozen non at Trader Joe's, which I love because you can freeze it and it doesn't go bad.

76

00:04:33,000 --> 00:04:34,000

Right?

77

00:04:34,000 --> 00:04:35,000

That's so good.

78

00:04:35,000 --> 00:04:43,000

And then I cut them up and put them in one of the copies in my wheel of taco, which is now a wheel of Middle Eastern food.

79

00:04:43,000 --> 00:04:51,000

And then I put some hummus, which I love to like make a little dredge in the center and add olive oil and some zatar.

80

00:04:51,000 --> 00:04:53,000

If you have, I love zatar.

81

00:04:53,000 --> 00:04:54,000

Have you had zatar?

82

00:04:54,000 --> 00:04:55,000

I have.

83

00:04:55,000 --> 00:04:57,000

I was just going to ask if you're using that.

84

00:04:57,000 --> 00:05:03,000

It is one of my favorite things to make when I'm making kind of like this flavor, this vibe.

85

00:05:03,000 --> 00:05:05,000

I love zatar and I like to eat it on a hummus, too.

86

00:05:05,000 --> 00:05:06,000

It's so good.

87

00:05:06,000 --> 00:05:13,000

And then a little flaky salt, which I'm also obsessed with and some chopped up tomatoes with parsley and then the protein cake.

88

00:05:13,000 --> 00:05:15,000

What kind of protein we're having with this?

89

00:05:15,000 --> 00:05:17,000

So I wanted to keep it really simple, Marty.

90

00:05:17,000 --> 00:05:20,000

And I wanted to, you know, kind of go to the vibe you were doing.

91

00:05:20,000 --> 00:05:24,000

So I just took thinly sliced chicken breasts is one of my favorite quick things to do.

92

00:05:24,000 --> 00:05:28,000

It's sliced chicken breast and you're going to put some extra virgin olive oil.

93

00:05:28,000 --> 00:05:33,000

And if you want to be a little bit luxurious, put a knob of butter in there.

94

00:05:33,000 --> 00:05:34,000

Yeah.

95

00:05:34,000 --> 00:05:45,000

A knob and let that get all melty and then go ahead season your chicken breast liberally with salt and a lot of cracked black pepper.

96

00:05:45,000 --> 00:05:46,000

Yes.

97

00:05:46,000 --> 00:05:47,000

And go ahead and put it on there.

98

00:05:47,000 --> 00:05:53,000

And while that's cooking, it's going to cook really quick while this cooking, a couple of minutes each side flip it over where it gets like nice and colorful.

99

00:05:53,000 --> 00:06:03,000

And you're going to juice like two lemons and when it's almost done, you're going to go ahead and you're going to pour that lemon juice over it.

100

00:06:03,000 --> 00:06:06,000

And just let it keep cooking for a couple more minutes.

101

00:06:06,000 --> 00:06:07,000

The lips.

102

00:06:07,000 --> 00:06:09,000

And it's just it's such a sea.

103

00:06:09,000 --> 00:06:14,000

And you know, I was thinking while you were talking right now, you could throw some of that zatar onto that chicken also.

104

00:06:14,000 --> 00:06:15,000

Yes.

105

00:06:15,000 --> 00:06:18,000

And that'll compliment the flavor of everything else you were doing.

106

00:06:18,000 --> 00:06:19,000

It'll tie it all in together.

107

00:06:19,000 --> 00:06:21,000

I got my zatar at Trader Joe's.

108

00:06:21,000 --> 00:06:28,000

I don't know if it's just a seasonal item, but I mean, it's a blend you can find anywhere, but absolutely.

109

00:06:28,000 --> 00:06:30,000

It's so worth getting.

110

00:06:30,000 --> 00:06:40,000

And like you said, we were kind of carb heavy Monday and Tuesday and as a true lover of carbs, it is good once I want to have a kind of a no carb.

111

00:06:40,000 --> 00:06:41,000

No, this is not a no carb meal.

112

00:06:41,000 --> 00:06:44,000

There's not involved in it's delicious and more increased.

113

00:06:44,000 --> 00:06:47,000

I mean, it's not like a lot of carbs, you know?

114

00:06:47,000 --> 00:06:53,000

It's like whatever. This is what we did. We would get the little piece of non because I cut them up into quarters and.

115

00:06:53,000 --> 00:07:01,000

Shmere a little bit of hummus and then we put the chicken on top because I dice the chicken so that it's like talk away.

116

00:07:01,000 --> 00:07:05,000

And then you top it with whatever you want it was kind of like an open faced.

117

00:07:05,000 --> 00:07:07,000

Peter sandwich.

118

00:07:07,000 --> 00:07:10,000

You do velvet your chicken.

119

00:07:10,000 --> 00:07:11,000

No, not for this.

120

00:07:11,000 --> 00:07:13,000

That's for Asian.

121

00:07:13,000 --> 00:07:15,000

We're going to talk about that.

122

00:07:15,000 --> 00:07:16,000

I wish.

123

00:07:16,000 --> 00:07:19,000

Okay, we're going to talk about all right. We're going to talk about velvety.

124

00:07:19,000 --> 00:07:20,000

Okay.

125

00:07:20,000 --> 00:07:21,000

All right.

126

00:07:21,000 --> 00:07:29,000

Anyway, and this is a super simple meal and I say you don't want to make chicken just buy a chicken pressed lemon pepper rotisserie.

127

00:07:29,000 --> 00:07:32,000

I wrote to chicken and you don't want to do chicken.

128

00:07:32,000 --> 00:07:35,000

Rotisserie chicken are the best lifesaver.

129

00:07:35,000 --> 00:07:37,000

Well, I know how much you love that.

130

00:07:37,000 --> 00:07:40,000

I can make like five fucking meals out of this.

131

00:07:40,000 --> 00:07:47,000

But get a rotisserie chicken and serve it with this because I know what cucumber dish you're talking about.

132

00:07:47,000 --> 00:07:49,000

I've not had yours.

133

00:07:49,000 --> 00:07:53,000

But I know cucumber dish you're talking about and absolutely.

134

00:07:53,000 --> 00:07:54,000

You don't have to.

135

00:07:54,000 --> 00:07:55,000

Special.

136

00:07:55,000 --> 00:07:56,000

Yes.

137

00:07:56,000 --> 00:07:57,000

Absolutely.

138

00:07:57,000 --> 00:07:59,000

The star of this show is the cucumbers.

139

00:07:59,000 --> 00:08:01,000

So that is really the star here.

140

00:08:01,000 --> 00:08:02,000

Believe it or not.

141

00:08:02,000 --> 00:08:03,000

Yeah, right.

142

00:08:03,000 --> 00:08:04,000

Isn't that crazy?

143

00:08:04,000 --> 00:08:05,000

And honestly, I sort like trust me.

144

00:08:05,000 --> 00:08:06,000

It is that good.

145

00:08:06,000 --> 00:08:08,000

This cucumber salad is that good.

146

00:08:08,000 --> 00:08:10,000

It's so simple.

147

00:08:10,000 --> 00:08:11,000

Yeah.

148

00:08:11,000 --> 00:08:12,000

But yeah, you don't need a lot.

149

00:08:12,000 --> 00:08:13,000

You don't need a lot of ingredients.

150

00:08:13,000 --> 00:08:15,000

You don't need a lot of time.

151

00:08:15,000 --> 00:08:20,000

You can really make this special little thing by almost like replaying things.

152

00:08:20,000 --> 00:08:21,000

Right.

153

00:08:21,000 --> 00:08:24,000

A little promise, a little, a little non, you know, it's like.

154

00:08:24,000 --> 00:08:29,000

It's a way to make something fast that is special and still very nutritious.

155

00:08:29,000 --> 00:08:30,000

Right.

156

00:08:30,000 --> 00:08:35,000

With Wheel of Taco, which I'm going to have to photograph and put on our Instagram, which we never go on.

157

00:08:35,000 --> 00:08:37,000

Yeah, we're going to do something with that.

158

00:08:37,000 --> 00:08:39,000

We will have Taco.

159

00:08:39,000 --> 00:08:40,000

Yeah, that will talk.

160

00:08:40,000 --> 00:08:42,000

You're going to make that Wheel of Taco famous.

161

00:08:42,000 --> 00:08:43,000

Oh my gosh.

162

00:08:43,000 --> 00:08:44,000

Yeah, let's do it, guys.

163

00:08:44,000 --> 00:08:45,000

We'll brand it.

164

00:08:45,000 --> 00:08:47,000

Put it in a cube of Taco and then we'll sell it.

165

00:08:47,000 --> 00:08:48,000

Thank God.

166

00:08:48,000 --> 00:08:51,000

Everybody will have a Wheel of Taco.

167

00:08:51,000 --> 00:08:54,000

And they're, we're going to just send one to Ina.

168

00:08:54,000 --> 00:08:56,000

Oh, I know what you say.

169

00:08:56,000 --> 00:08:58,000

We will make hers like, she would throw it away.

170

00:08:58,000 --> 00:08:59,000

She would not.

171

00:08:59,000 --> 00:09:03,000

It would not go with any dish she has in her home.

172

00:09:03,000 --> 00:09:11,000

Like my entire dish set for the cups is the cost of like one of her saucers.

173

00:09:11,000 --> 00:09:17,000

So we'll make a special one for Ina like like China or something and we'll paint a hydrangea blue.

174

00:09:17,000 --> 00:09:21,000

We got plans for Ina when I'm sending her regular, regular stuff.

175

00:09:21,000 --> 00:09:22,000

That is true.

176

00:09:22,000 --> 00:09:23,000

Okay.

177

00:09:23,000 --> 00:09:24,000

All right.

178

00:09:24,000 --> 00:09:25,000

I'll hydrangeas on that.

179

00:09:25,000 --> 00:09:26,000

Okay.

180

00:09:26,000 --> 00:09:28,000

What's your hand painted?

181

00:09:28,000 --> 00:09:32,000

Your hand painted because that's not going to fucking happen.

182

00:09:32,000 --> 00:09:40,000

Anyway, we hope you're enjoying these weekly menu recipes that I tell you I just made it was so good and I hope you make it too.

183

00:09:40,000 --> 00:09:41,000

I'm dinotopia.

184

00:09:41,000 --> 00:09:43,000

You come berlandia.

185

00:09:43,000 --> 00:09:46,000

No, no, no, I'm not allowed to have the towel.

186

00:09:46,000 --> 00:09:47,000

You know what?

187

00:09:47,000 --> 00:09:52,000

Let me stick with the words and you can prophylactic it and fuck you.

188

00:09:52,000 --> 00:09:56,000

And woe and domesticate your food.

189

00:09:56,000 --> 00:09:57,000

You know what?

190

00:09:57,000 --> 00:09:58,000

All right.

191

00:09:58,000 --> 00:10:04,000

You guys, we will catch up with you tomorrow with another tasty recipe for you to enjoy.

192

00:10:04,000 --> 00:10:05,000

Bye friends.

193

00:10:05,000 --> 00:10:06,000

Bye.

Let's unlock your kitchen confidence!

Mariela & Eric

Lets Connect!

 Email:

FoodFAQPod@gmail.com

 Insta:

@foodfaqpodcast

 **Stocking up your kitchen can be easy when we're there holding your hand.**

[CLICK HERE](#) to get our FREE "Build Your Kitchen" pdf checklist, and get all the things you need to make amazing food at home

❤️ Leave us a voice message with ALL your questions!

[Mariela & Eric Food FAQ - Audio Messages | PodInbox](#)

📺 You can catch us on YouTube!

[Food FAQ Podcast - YouTube](#)

creamy cucumber salad
creamy cucumber salad recipe
easy weeknight dinners
weekly meal ideas
meal plan
family dinner ideas
quick dinner ideas
quick meals for dinner