

Cucumber Pickle

2 large cucumbers with seeds

2 sprigs of fresh parsley

¼ cup of white vinegar

1 tsp of sugar (Optional)

1 Lime

1 Pimento pepper - Diced

Olive Oil

Salt

Cracked Black Pepper

Water

Method of Prep

Wash the cucumber thoroughly then using a vegetable peeler, alternate peeling the cucumber skin and cut the cucumber in half then cut each half into thin half circles, set aside in a little water with salt & cracked black pepper.

In large bowl, mix the white vinegar, lime juice, sugar, chopped parsley, diced pimento pepper and a dash of olive oil.

Drain off the water then combine the cucumber into the mixture and mix thoroughly.

Chill in the fridge for 1 hr or serve immediately on the side of the Bajan Macaroni. This serves as a pepper (heat) cleanser.

Enjoy

-CP