

Chinese Buddha's Hand Melon (Chayote) Salad

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from my mom

- 3 Buddha's hand melons (chayote)
- 1 tbsp salt
- 2 tbsps white vinegar
- 1 tbsp sugar
- 1 tbsp raw ginger, julienned
- 2 tsps sesame oil
- 1 tsp Chinese chili garlic paste (optional, but good)

Peel the outer skin off the melons, then carefully slice each melon in half lengthwise along the bottom crease. Trim any remaining skin with a knife. Cut each half into thin petal-shaped slices, cutting around the hard center. Discard the centers. Place all of the slices into a large bowl and sprinkle the salt over the melon. Toss well and let sit for an hour. Fill the bowl with cold water and swish the melon slices around. Pour into a colander and drain off the water. Grab a handful of the slices at a time and squeeze the excess liquid out. Place the squeezed slices in a large bowl. Add the vinegar, sugar, ginger, sesame oil, and if using, the chili garlic paste to the melon. Mix well and refrigerate for an hour before serving. Serves 4 as a side dish.