

Tzatziki

Ingredients -

- Greek yoghurt
- Cucumber
- Mint or Dill
- Lemon
- Garlic
- Olive oil
- Salt

Method –

1. Grate your cucumber, a full cucumber is spot on for a 500ml pot of Greek yoghurt, this will give you plenty to feed around 8 people for a bit of a BBQ feast.
2. Place your grated cucumber in a strainer and add 1 heaped tablespoon of salt, give a bit of a mix. The salt is going to do 2 things, draw the excess liquids out and concentrate that cucumber flavour. Leave to strain for a good 15 – 20 minutes really losing a lot of that liquid, otherwise you'll end up with a thin and runny tzatziki.
3. Add your yoghurt to a mixing bowl with a good 2 second glug of your olive oil.
4. Finely chop your mint or dill, different regions in Greece will swear by one or the other and some will even use both. I've used mint as it's my preference and the potato salad we're serving is full of dill flavour already. Add to your yoghurt along with the juice of around a quarter of a lemon.
5. Take your strained cucumber and mix through the yoghurt mix.
6. For your garlic you really don't want to overpower the dish so cut your clove in half and rub it all over the dish you will be serving your tzatziki in, this will give enough garlic flavour.
7. Place your tzatziki in your serving bowl, drizzle with some olive oil, sprig of mint as a garnish and away you go. This can be used as a starter with some breads and for your souvlaki later.
8. Tip, mixing any leftover tzatziki with your leftover Greek salad at the end of the meal will give you a great and ready dressed salad for the next day!

