



TZATZIKI

Season: AUTUMN

Group:

Recipe source: KT

Fresh from the garden:

- Mint

Equipment: <ul style="list-style-type: none"> • Bowls – 1 small, 2 medium • Clean Chux • Sieve • Chopping board • Knives – 1 large, 1 small • Mortar and pestle 	<ul style="list-style-type: none"> • Lemon juicer • Tablespoon • Measuring cups and spoons • Clean Tea towel
Ingredients: <ul style="list-style-type: none"> • 500gm Greek Yoghurt • 1 Cucumber • 2 gloves garlic • Pinch salt • 1 tablespoon chopped mint • 1 ½ tablespoons lemon juice 	

What to do:

1. Place yoghurt in a sieve lined with a clean Chux over a bowl. Pull the corners of the Chux together so that the yoghurt is completely covered and cover with an upside down side plate. Weight it with a tin. Stand as long as possible to allow the excess whey to drain away
2. Grate the cucumber and place it in a clean tea towel and squeeze as much liquid out as possible.
3. Chop mint and add to the cucumber.
4. Squeeze lemon and add to the cucumber
5. Place the garlic in the mortar with a good pinch of salt and grind to a paste.
6. Just before service add the yoghurt and garlic to the cucumber mix and combine well. Check seasoning and add more salt if necessary.