

Stephanie Alexander Kitchen Garden

Tzatziki dip

Season: summer/spring

Serves: 30 tastes

Fresh from the garden: Cucumber, garlic, lemon, mint, dill

Tzatziki is a Greek yoghurt sauce that is cooling and served with hot BBQ food or salad.

Equipment: Chopping board Bowl Box Grater Clean chux cloth Sieve Lemon juicer Peeler	Ingredients: 3 Cucumber (4 cups grated) 3 cloves garlic (or 2 tsp minced) 3 cups Greek yoghurt 4 TBLS chopped mint/dill 2 TbLS lemon juice 1 tsp fine sea salt 4 TBLS extra-virgin olive oil
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What to do:

1. Wash the cucumbers, then grate on the large side of the box grater until you have 4 cups.
2. Squeeze one handful at a time over a bowl to remove the water. Transfer the pressed cucumber into another bowl. Repeat until all the cucumber has been pressed. You can use a clean chux cloth to squeeze if you find it easier.
3. Add the yoghurt, olive oil, chopped herb (dill or mint), lemon juice, garlic (minced) and salt to the bowl. Mix.
4. Let the mixture rest for 5 minutes (this allows the flavours to meld).
5. Put into a serving bowl and serve.

Notes: