



TZATZIKI

Serves 4-5 people

Tzatziki really is the Queen of the Dips! We can hardly eat a thing here without a dollop of her cool, fresh and creamy goodness.

Full fat Greek yoghurt is the best, it's what we use here after all but if you can't get hold of it and your local yoghurt is a little thin just take a mixing bowl and a very clean piece of cloth (a thin cotton tea towel works well) and place it over the top of the bowl, fasten with an elastic band or a well-tied piece of string and plop the yoghurt on top, leave overnight in the fridge and in the morning you'll find a lot of water has dripped into the bowl leaving you with a nice, thick yoghurt to work with!

Ingredients:

- 1 medium cucumber, peeled and grated
- 200g strained, full fat Greek Yoghurt
- 1-2 garlic cloves, grated
- Finely chopped mint or dill
- A glug of extra virgin olive oil
- A dash of white wine vinegar
- A pinch of salt and pepper

Preparation:

- Place the grated cucumber into a colander, sprinkle with salt and leave to drain for 5 minutes while you get on with the next step
- Place the yoghurt into a mixing bowl with the crushed garlic, finely chopped mint or dill (flat leaf parsley also gives a nice flavour) and combine
- Take the grated cucumber in your clean hands and squeeze as much water from it as possible. You really want to take it all out on this grated cucumber because you don't want to add water to your tzatziki! Once you've achieved this, place the cucumber into the yoghurt and mixed until everything is evenly combined
- Drizzle with olive oil and add a dash of white wine vinegar, a sprinkle of salt and a grind of pepper and give it another, gentle mix
- Cover and leave in the fridge until you need it. You could also put it in a nice clean jar because it will keep for a few days, but be warned, the longer you leave it the stronger the garlic becomes!
- Tzatziki goes with almost everything, we really like it with fried things like chips, zucchini and tomato fritters but it's also amazing with moussaka!

