



Cacik (Herb salad with yogurt)



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Cacık is a dish of seasoned, strained or diluted yogurt, eaten throughout the former Ottoman countries. It is similar to tarator in Balkan cuisine. It is made of salted strained yogurt or diluted yogurt mixed with cucumbers, garlic, salt, olive oil, sometimes with vinegar or lemon juice, and some herbs like dill, mint, parsley, thyme etc. It is always served cold.

Ingredients: 2 cups plain low-fat yogurt (drained in cheesecloth or a fine-mesh sieve overnight), 13 inches English cucumbers, peeled or 2 medium cucumbers, peeled and seeded, 1 garlic clove, smashed, 5 teaspoons fresh dill, finely minced, $\frac{1}{4}$ teaspoon kosher salt, $\frac{1}{4}$ teaspoon fresh ground pepper

Directions

1. Place yogurt in a large bowl.
2. Grate cucumber and squeeze or pat dry with paper towel to remove excess moisture. Gently fold into yogurt.
3. Add garlic, dill, salt and pepper and mix.
4. Serve immediately.

