

TZATZIKI

INGREDIENTS

1 medium cucumber, peeled, sliced in half and seeded, and finely chopped
1/8 teaspoon plus 1/4 teaspoon salt
1 cup plain yogurt
1 tablespoon olive oil
1 teaspoon fresh lemon juice or white wine vinegar
1 teaspoon minced fresh dill or oregano leaves
1 teaspoon minced garlic

METHOD

Step 1

Put the cucumber in a strainer set over a bowl. Sprinkle with 1/8 teaspoon salt and allow to drain for 20-minutes. Now wrap it in a clean tea towel and carefully wrap the cucumber tightly to squeeze out the water.

Step 2

Put the yogurt in another strainer set over a bowl and drain for 1 hour. Combine the cucumber and yogurt in a bowl with the remaining ingredients and stir well.

Step 3

Cover and chill for at least 30-minutes before serving.

THE
COOKERY

by The Secret Jozi Chef