

# TZATZIKI

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## 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