

Tzatziki

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

Directions:

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

THE
COOKERY

by The Secret Jozi Chef

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