

Tzatziki dip

Serves: 6-8

From the Garden: cucumber, garlic, chives/spring onions, lemons

Ingredients:

500g greek yoghurt

1 large cucumber

1 garlic clove

2 tbsp extra virgin olive oil

Fresh chives or spring onions.

1 1/2 tbsp lemon juice

Sea salt

Equipment:

Basic toolbox, box grater, garlic crusher, strainer, muslin, chopping board

Method:

1. Line a wire strainer with some muslin cloth and place over bowl. Place yoghurt into strainer and stand for 15 minutes to allow excess whey to drain away.
2. Wash and dry the cucumber. Grate the cucumber into a medium bowl. Sprinkle with a little sea salt and allow to stand for 5 minutes. The salt will help draw out the excess water in the cucumber.
3. Peel the garlic clove and then crush using a garlic crusher. Place in a small bowl and set aside.
4. Wash and dry the chives/spring onions. (If using spring onions, use only the green part). Slice finely and then place in small bowl with garlic.
5. Place the drained yoghurt into a medium bowl. Discard the whey left behind.
6. Pour away the excess liquid from the grated cucumber. Take small amounts of the cucumber in your hands and squeeze out as much of the liquid as possible. Place the drained cucumber into the bowl with the garlic and chives. Add the yoghurt, lemon juice and the olive oil. Mix thoroughly and place in serving bowls. Place in fridge until ready to serve.
7. This dip is even better made the day before it is to be served. Serve with warmed pita bread or vegetable batons.

Enjoy!

Tasks within two * __* means please get an adult to help.

Recipe reference: adapted from "Good Taste Magazine" recipe by Deborah McLean