

# Tzatziki – Cucumber dip

Bialik College Kitchen Garden Program



**Bialik College**

## Ingredients:

- ☐ 1 medium Continental Cucumber
- ☐ 1 ½ cups Plain Greek yoghurt
- ☐ 2 tablespoons extra-virgin olive oil
- ☐ 2 tablespoons mint and/dill, chopped
- ☐ 1 tablespoon lemon juice
- ☐ 1 medium garlic clove, minced
- ☐ ½ teaspoon salt

## Equipment:

- ☐ Metric measuring cups and spoons
- ☐ Chopping board
- ☐ Cook's knife
- ☐ Box grater
- ☐ Garlic mincer
- ☐ Strainer
- ☐ Medium mixing bowl

## Method:

1. Grate cucumber using the large holes of your box grater. There's no need to peel or seed the cucumber first.
2. Working with one handful at a time, lightly squeeze the grated cucumber between your palms over a strainer in the sink. Transfer squeezed cucumber to a mixing bowl, and repeat with the remaining cucumber.
3. Add the yoghurt, olive oil, herbs, lemon juice, garlic and salt to the bowl. Stir to combine and let the mixture rest for 5 minutes to allow flavours to meld.
4. After 5 minutes, taste and add additional chopped fresh herbs, lemon juice and/or salt, if necessary.
5. Serve tzatziki immediately or chill for later. Serve with vegetables stick or fresh pita bread.
6. Leftover tzatziki keeps well chilled in the fridge for about to 4 days.