

## Tzatziki

Makes 2 cups (500ml)

Preparation time: 15 minutes

Standing and chilling time: 4 hours

This refreshing cucumber, yogurt and garlic dip is a popular *meze* at tavernas and restaurants throughout Greece. Serve it with fresh bread for dipping, or as a sauce with grilled meat and fish.

2 cups plain yogurt without fillers or pectin\*

1 large cucumber

1 tsp salt

3-5 cloves garlic, minced

2 Tbsp finely chopped fresh dill

1 Tbsp white wine vinegar

2 Tbsp olive oil

Salt and pepper

Line plastic or nylon sieve with cheesecloth and set over bowl. Spoon yogurt into sieve. Cover and let drain in refrigerator 2 hours or until thick. Discard liquid in bowl.

Meanwhile, peel, seed, and coarsely grate cucumber. Place in colander. Sprinkle with salt, and cover with plate small enough to fit inside colander; let drain for 1 hour. Rinse cucumber; pat dry on paper towels.

In medium bowl, combine garlic, dill, vinegar, cucumber and yogurt. Stir in olive oil, a little at a time, until well blended. Season with salt and pepper to taste. Refrigerate at least 2 hours or overnight. Let stand at room temperature 15 minutes before serving.

\*Use yogurt that doesn't contain fillers or pectin as these prevent the yogurt from draining properly