



Tzatziki

Yoghurt is served with just about everything in Greece and throughout the eastern Mediterranean – plain, drained as labne, or mixed with garlic and often cucumber. This combination is perhaps best known by its Greek name, tzatziki, while the Turks call it *çaçik* and in Lebanon it's *laban wa khyar*. Call it what you will, I think a splodge of yoghurt, plain or otherwise, makes everything taste better!

Makes about 1 cup



INGREDIENTS

- 1 Lebanese cucumber, peeled
- 200g thick natural yoghurt (7oz/ $\frac{3}{4}$ cup)
- 1 clove garlic, crushed
- A few mint leaves, torn
- Salt flakes, to taste

METHOD

1. Halve cucumber, use a teaspoon to scrape out the seeds then coarsely grate the rest onto a clean tea towel. Squeeze to remove excess moisture.
2. Place in a mixing bowl with yoghurt, garlic, mint and salt and stir to combine well.
3. Cover and refrigerate until needed.
4. Before serving, stir tzatziki and transfer to a small bowl.