

tzatziki

Equipment:

bowls, knife, choppingboard, measuring cups and spoons, colander, grater or mortar and pestle

Ingredients:

1 cucumber
1 tspn salt
1 clove garlic, finely chopped and crushed
1 cup thick yoghurt
1 TBLSPN dried mint, crushed
1/2 TBLSPN olive oil
freshly ground black pepper
sprigs of mint

Method:

Peel and finely dice the cucumber. Mix with salt and leave for 30 minutes. Drain cucumber and squeeze well without crushing it.

In another bowl, combine garlic with yoghurt. Stir in cucumber and dried mint. Turn onto a flat dish and drizzle with oil. Grind on pepper and decorate with fresh mint.

Serve.