

Tzatziki - Τζατζίκι (tzatziki)



Tzatziki, also known as cacik or tarator, is a class of dip, soup, or sauce found in the cuisines of Southeastern Europe and the Middle East.

SERVES	PREP	COOK	TOTAL	CUISINE
Serves 6	20 minutes	0 minutes	2 hours 20 minutes	Greek

Ingredients

- 500 g (1 lb 2 oz) thick Greek yoghurt
- 1 large cucumber, coarsely grated
- 1 tsp fine sea salt, plus extra to taste
- 2 garlic cloves, finely grated or pounded to a paste
- 2 tbsp extra-virgin olive oil, plus extra to serve
- 1 tbsp white wine vinegar or lemon juice
- 1 tbsp dill, finely chopped, or 1 tsp dried dill
- 1 tbsp mint leaves, finely chopped (optional)
- Freshly ground black pepper, to taste

Method



1. Place the grated cucumber in a bowl, toss it with 1 tsp salt, and leave for 10 minutes to draw out excess water.
2. Tip the cucumber into a clean tea towel or muslin and squeeze firmly until as much liquid as possible is removed; the cucumber should feel damp, not wet.
3. In a mixing bowl, combine the yoghurt, garlic, olive oil, vinegar or lemon juice, dill, mint if using, and a good grind of black pepper.
4. Add the drained cucumber and fold gently until evenly distributed and the mixture looks thick, glossy, and speckled with green.
5. Taste and adjust with a little more salt, vinegar or lemon juice, or garlic, keeping the balance fresh rather than aggressively sharp.
6. Cover and chill for at least 2 hours so the flavours meld and the garlic mellows; the texture should firm up slightly in the fridge.
7. Before serving, stir once more, then spoon into a shallow bowl and swirl the surface with the back of a spoon.
8. Finish with a drizzle of extra-virgin olive oil and, if you like, a few extra dill fronds or a pinch of black pepper.

To serve

Serve chilled with warm pita, grilled lamb or chicken, or as part of a meze spread with olives and vegetables. A crisp white wine, retsina, or cold beer suits it well.

