

Tzatziki | Greek Yogurt Dip

Serves 1 | Active Time: 10 minutes | Total Time: 10 minutes

Swick

Chef's Notes

I never serve Greek food without Tzatziki, it goes so well with everything, from the pita bread right to the chicken and potatoes.

Tzatziki can be made a few hours ahead of time. This allows the flavors to blend together. Make Tzatziki with thick, Greek yogurt, because the better the yogurt the better the Tzatziki will be. Try to find one that is at least 8 to 10% M.F.(milk fat).

Tzatziki is great served with Spanakopita or with Chicken Souvlaki.

Making the Tzatziki Sauce

To start, roughly chop the onion, garlic and fresh herbs. Peel cucumber, remove the seeds and roughly chop.

Purée the garlic and onions in a food processor. Add the cucumber and herbs and pulse just a few times. Strain the cucumber mixture.

Once strained, add the cucumber mixture to the yogurt and season with the salt and pepper. Mix together and serve.

Step 1: Making the Tzatziki Sauce

- 3 tbsp onion (approx.)
- 1 garlic clove
- 3 tbsp fresh dill
- 3 tbsp fresh mint
- 1 cup cucumber
- 2 cups thick, plain yogurt
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper