

Tzatziki Sauce

March 29th, 2017

Prep Time: 00:15

Cook Time: 00:00

Tzatziki (pronounced \zat-ziki\) is a traditional Greek Yogurt Sauce. Cacik (pronounced \jah-'jik\) is the same sauce, but from Turkey. Tzatziki can be used with meat dishes or as a dip for Crudites.

Ingredients:

7-8 ounces Plain Greek Yogurt (or plain yogurt that has been drained for 24 hours)

1/2 Cucumber

1 clove Garlic, minced

1 Tablespoon Lemon Juice

Sea Salt

Directions:

Peel the Cucumber. Use a spoon to remove the seeds.

Use a Cheese Grater to shred the Cucumber into a paper towel. Add a pinch of Salt.

Squeeze as much moisture as possible from the cucumber. Discard the liquid.

Mix the yogurt with the garlic, the cucumber, the lemon juice, and a pinch of Sea Salt.

Refrigerate for at least 24 hours to allow the flavors to mix.