

GARDEN TO TABLE

RECIPE: TZATZIKI

VOLUNTEER NOTES -

- **Tbsp = tablespoon**
- Explain what **season to taste** means

What to collect	Ingredients
Bowl Grater sieve Metric measuring cups and spoons Chopping boards Chefs knives	$\frac{1}{2}$ telegraph cucumber or 1 lebanese cucumber 1 pinch salt 1 cup Greek yoghurt 1 clove garlic 1 Tbsp white wine vinegar Handful of mint leaves, sliced (3Tbsp) Handful of dill, chopped (2Tbsp) - optional Salt and pepper
<ol style="list-style-type: none"> 1. Grate the cucumber. 2. Place a sieve over a bowl and put the grated cucumber in the sieve with a pinch of salt. Leave for 10 minutes - the salt will help draw out the moisture from the cucumber. 3. Wash the mint, remove the leaves and finely slice 4. Wash the dill and finely chop 5. Peel and mince or crush the garlic 6. After 10 minutes use your clean hands to squeeze out any remaining water from the cucumber 7. In a bowl place the cucumber, yoghurt, garlic, white wine vinegar, mint and dill (if using) 8. Season to taste 	