



# Recipes

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## TZATZIKI

2 cups (500 mL) yogurt  
1 1/4 cups (300 mL) finely chopped  
    seeded English cucumber  
3/4 tsp (3 mL) salt

2 cloves garlic, finely chopped  
1 tbsp (15 mL) fresh lemon juice  
1/4 tsp (1 mL) dill weed  
1/4 tsp (1 mL) salt

Spoon yogurt into a coffee filter-lined sieve set over a bowl. Cover with plastic wrap and refrigerate. Allow yogurt to drain for 30 minutes - 2 hours. Discard liquid that collects in bowl. Transfer drained yogurt to a bowl. Meanwhile, combine cucumber and 3/4 tsp (3 mL) salt in a sieve set over a bowl. Allow cucumber to drain for 30 minutes. Discard liquid that collects in bowl. Spoon drained cucumber onto several layers of paper towelling. Cover with more paper towelling and press firmly to remove any excess moisture. Combine drained yogurt, drained cucumber, garlic, lemon juice, dill weed and 1/4 tsp (1 mL) salt. Cover and refrigerate for at least 1 hour or up to 2 days. Stir before using. Use as a sauce for beef, pork, lamb, chicken or fish. May also be used as a dip for pita chips. Makes 2 cups (500 mL).

**Cook's Note:** *Do not use yogurt with stabilizers or preservatives. Draining time will vary depending on brand of yogurt.*