

Tzatziki Sauce Recipe

1 large cucumber, peeled & sliced lengthwise
juice of half a lemon
1 tsp of sea salt
2 cloves of garlic, minced
2 cups Greek yogurt
1/3 cup finely chopped dill

Using a teaspoon scoop out the seeds from the cucumber and discard. Dice the cucumber, sprinkle with salt, and hang it in a thin dish towel or muslin cloth to release the liquid, roughly 20 mins. Squeeze the dish towel to further expel the water and then, in a large bowl, mix the cucumber with the remaining ingredients. Salt to taste.