

Tzatziki

3 cloves of garlic
3 tbsp. extra virgin olive oil
1 cucumber
Handful fresh dill
Handful of fresh mint
400g Greek yoghurt
1 lemon
Sea salt

Crush the garlic and drizzle over the olive oil and set aside.

Halve the cucumber lengthways and with a spoon scoop out the centre seeds. Grate the cucumber. Using a sieve, lay over some kitchen paper or a muslin cloth, squeeze out the liquid from the cucumber and place into the sieve on top of this paper. Sprinkle over lots of sea salt and set aside to let the moisture drain away.

Whilst you are waiting, finely chop the herbs.

After 10-15 minutes, pat the cucumber dry with more paper.

Empty the yogurt into a bowl and add the herbs and the cucumber. Pour in the garlic oil and squeeze in the juice of half a lemon.

Mix well, taste for season or more lemon juice.

Serve with breads and an extra drizzle of extra virgin olive oil.