

Tzatziki Sauce

190g peeled regular cucumber

170g container of non-fat plain Greek yogurt

1 teaspoon dill

7g (after peeling) pressed garlic

2 tablespoon lemon juice

2 tablespoon extra virgin olive oil

$\frac{1}{8}$ teaspoon white pepper

½ teaspoon kosher salt — to taste
(or ¼ teaspoon regular salt)

After peeling the cucumber, grate it with a fine grater. Put the grated cucumber in a strainer, suspend the strainer in a larger bowl, and refrigerate overnight. The next day discard liquid and put the cucumber on paper towels and press to remove any remaining liquid.

If the cucumber is still a bit chunky, mince it with a mezzaluna or knife.

If the yogurt has any separated liquid on top, drain it off rather than stirring it in.

Combine all the ingredients and mix well. Let stand for some hours if possible, in fridge or out, so flavors combine.

It has a pretty strong garlic taste ... you could use less if you want, but remember you will be eating it with other foods and not by itself. It is supposed to be flavorful and not bland.

This recipe makes a fair amount ... over a cup ... enough for multiple meals or numerous servings.